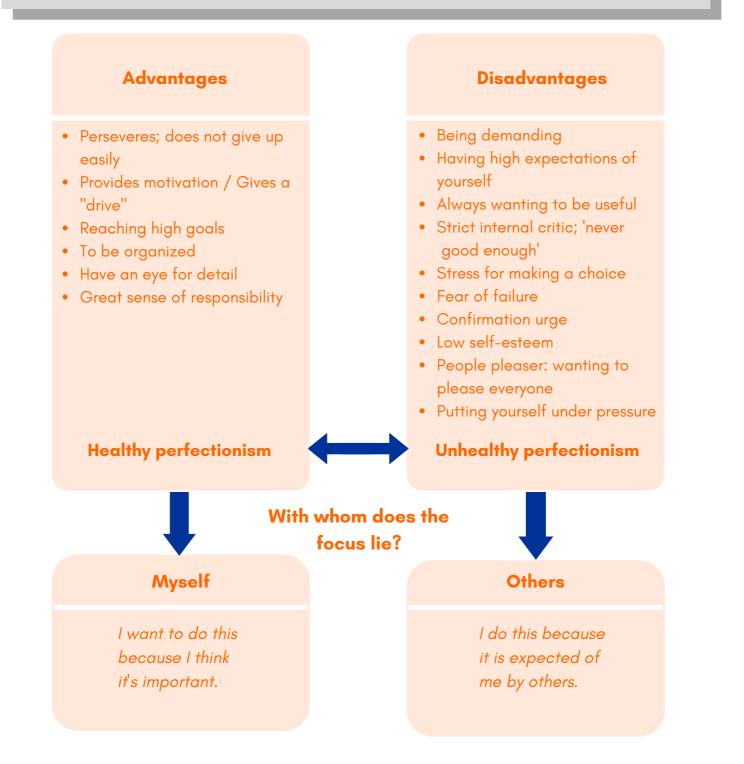
## How NOT to strive for... PERFECTIONISM

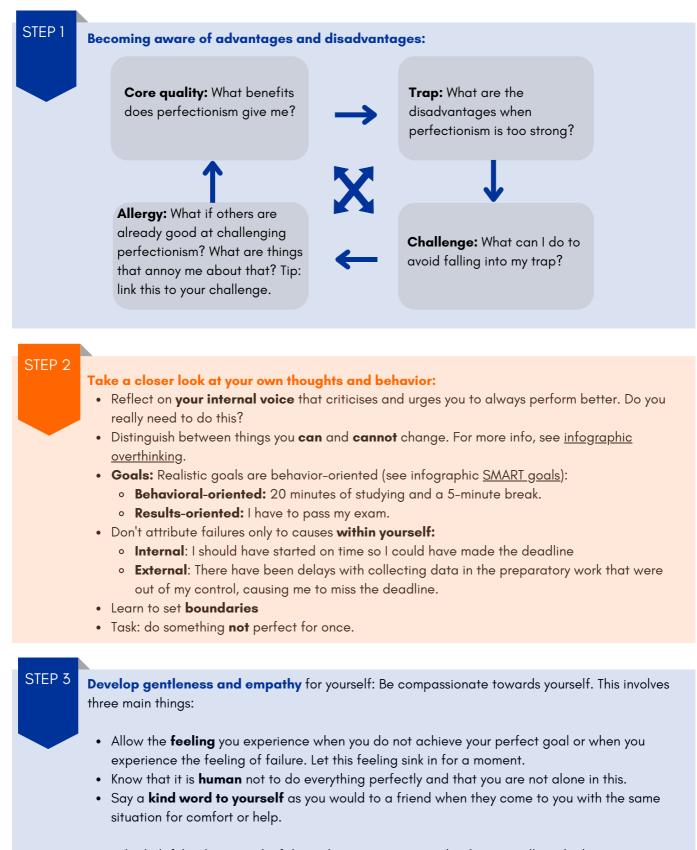
**Perfectionism** is the pursuit of perfection. This can be socially-oriented, performance-oriented or focused on maintaining control. Therefore, perfectionism can be present in **different areas** of your life, e.g.: at school, at home, while pursuing hobbies, and so on.

Perfectionism can have **advantages**, but when perfectionism is too strong, **disadvantages** can outweigh advantages.





## How to deal with perfectionism?



It can be helpful to keep track of these three steps in a notebook, especially in the beginning. It can also be helpful to look back on your process later on.