



10 Steps to Becoming a Recovering Perfectionist

YOUR NAME: _____ DATE: _____

Recognize, Embrace, Connect

How did the recovering perfectionist lecture resonate within yourself and your career within veterinary medicine? _____

Where do you see perfectionism showing up in your career? _____

Where do you see perfectionism showing up in your life? _____

What are some of the negative effects you can see about yourself related to perfectionism? _____



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What are some of the positive effects you can see about yourself related to perfectionism? _____

How have you seen the concept of cognitive dissonance show up within veterinary medicine? _____

How do you move from perfectionism paralysis to embracing your “mistakes”? _____

What is 1 step you see doing today that will help minimize your life? _____

What thought processes stop you from accepting limitations, and how do you plan to embrace them? _____



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How does the idea of vulnerability in veterinary medicine relate to you and your career? _____

How do we as a profession help embrace the concept of vulnerability?



1 Life Connected

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With the 1 Life Connected message fresh in your mind.

What is your commitment to embracing perfectionism within your career in veterinary medicine? _____

Be 1 Life Connected!

We are mindful of our response

We create our environment

We embrace our emotions

We find self-forgiveness

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1 Life Connected

Connecting Careers with Life's Passion

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