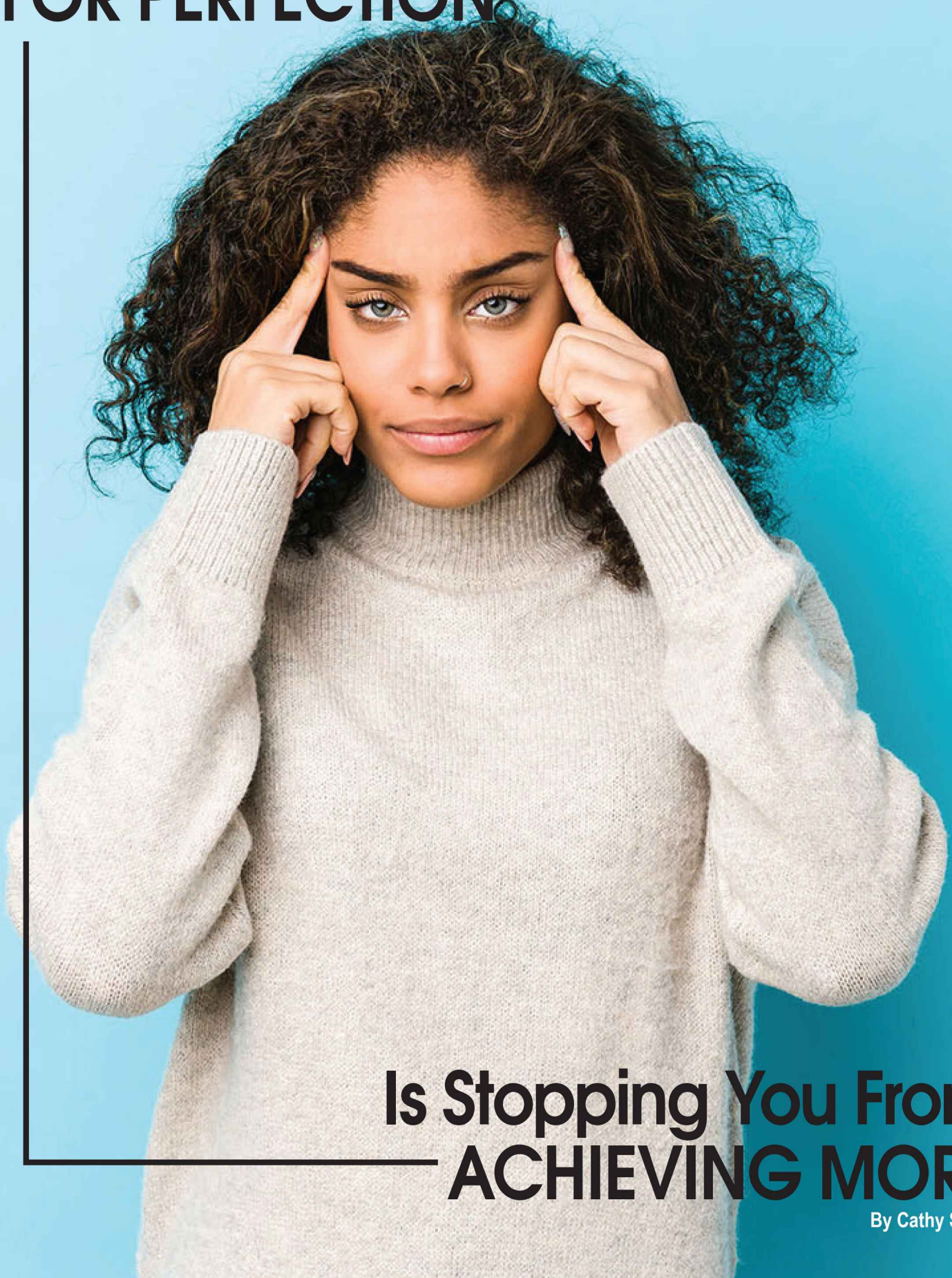


# When Reaching FOR PERFECTION



## Is Stopping You From ACHIEVING MORE

By Cathy Spaas



**O**vercoming perfectionism is quite a common challenge that professional performers and creative artists face, always wanting their work to be absolutely perfect before sharing it with the world. However, sometimes our pursuit of perfection can actually prevent us from engaging in more opportunities or keep us caught in a cycle of low confidence or self-esteem.

### **Facing The Inherent Difficulties That Come With Always Striving For Perfection**

These challenges can really hold you back from achieving your highest potential. It may sound like the opposite is true – you may ask yourself, "how is being perfect a bad thing?". But when you stay stuck in a certain vision - which is often unattainable in the first place - you close the door for flow and creativity to show you other options and possibilities that could upgrade your potential even more. Getting stuck in a cycle of perfectionism often leads you to develop a rigid mentality because you're too focused on a certain outcome. True beauty is often created when you align with the energy that wants to be born through you.

Therefore, striving for perfection can diminish your talent from breaking free and showing you what you didn't see yet. You can only see the next most aligned step when you have taken the first one. That is why creation, in whatever form, should never be molded down into something you think it should be from the start since your vision can only grow by each step that you take.

Unfortunately, perfectionism can not only limit your creative process but also prevent you from pursuing opportunities that could lead to success. There's the creative and the business/career element, and perfectionism can limit you in both spheres.

Don't let the representation of your talent get overshadowed by something as limiting as perfectionism. There are other ways to reach the highest results that don't hold your potential back and generate a more constructive environment for you to thrive in.

### **Identifying and understanding The Cause Of These Challenges**

Most artists, performers, and innovators are highly sensitive; we already have our brains programmed to be fully engaged and want to give our best. That's why so many Highly Sensitive People get burned out. Not because we can't handle the pressure, but just because we are so involved and committed and want to give our everything to the job/career/cause that we lose ourselves in the process.

This can be draining for your energy levels and cause a person to crash completely. Especially when things aren't working out the way you planned or wanted to and when you start taking failure or mistakes personally. As highly sensitive people, we tend to project everything onto ourselves, leading to very low self-esteem and little to no confidence.

Take a look at when you are performing or creating something new; is there space for you to drop the ball? What does your self-talk sound like when you make a mistake, or things aren't going the way you think they should? Very often, you will notice that the noise in your head after doing something "wrong" can be heartbreaking.

It's far too common that what we say to ourselves we would be ashamed to say to another person and speak to them in that way. This usually entails feelings that we're not good enough or that our work wouldn't amount to anything.

What does your self-talk sound like?

Can you be kind to yourself, even when things go south?

Do you know how to be mild and gentle towards yourself?

For me, this lesson was a huge process, but one that paid itself in full when applied.

### **Tips And Techniques For Moving Past The Quest To Be Perfect**

**The management of the way you speak to yourself is crucial.** Especially when you put the bar high, the need for kindness and a positive attitude towards yourself is indispensable.

Get conscious about which record is playing in your mind, and dare to change it for a different tune when you notice that the substance of the current one isn't serving you any longer. The cool thing is that you are the boss! You're in charge of which thoughts you allow and which ones get dismissed. In doing this consistently, you are training your brain to work for you instead of against you.

In my experience, **you will find when you begin to love yourself, your relationship with everyone changes for the better.**

**Try striving for excellence instead.** Perfection means going after something which you actually already know advance you can't achieve. It's a very frustrating, unrewarding, unproductive way of working/creating. On the other hand, excellence means that you do your best and give all you've got, taking the circumstances under consideration that present themselves. Striving for excellence is lighter than trying to be perfect, but can you also feel the difference in attitude and the space this creates.

When reevaluating the situation, you will immediately sense excellence feels a lot more rewarding because it's a completely different way of assessing things. Consequently, your brain will pick up on the confirmation that you experience towards yourself instead of the disappointment from not achieving the standards of perfectionism. Positive hormones will be re-

leased, making you feel happy about yourself. Your subconscious belief system will reinforce your abilities, make you feel more confident on your next moves, and let energy flow even more. It's a spiral, but it's moving upwards instead of down this time.

**Make space for falling short. Everyone makes mistakes. It happens to the best of us.**

Know that you will drop the ball, and that's okay. It's supposed to drop; how you respond to that, however, is what will show you how close or far from your top-level you are; can you swipe off and pick it back up again? You've got this!! Are you tearing yourself down because you feel like you've failed or it isn't working? Train harder! You're literally retraining your brain, and like any skill, it will take time and practice to get this right.

By learning how to let go of the pressure and perfectionism that we put on ourselves and feel from the outside world, we can discover our talents on a deeper level and develop our strengths. This creates results from connection, flow, and fun. The outcome is not only a lot better than before when we are over judging ourselves and doing everything on our own because we believe we're the only ones that can do it. That only leads to bringing yourself and your team down and feeling completely drained. Instead, have fun in the process of growing, know that **no one is perfect. We are all a work in progress.**

You'll have more energy for new projects, and results that are beyond your wildest imagination can become possible.



**Cathy Spaas** is a world-class coach to professional performers, athletes, artists, and creatives. She supports highly sensitive and intuitive individuals to make breakthroughs so they can thrive at the highest level, create their

most profound work, and find lasting fulfillment. Cathy has dedicated her life to guiding artists to navigate their shifting lives and career changes.

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