

THE
perfection
DETOX

**Can Fit Pro 2019
Session 5420
Petra Kolber**



The Perfection Detox ®

*“Instructions for living a life. Pay attention. Be astonished. Tell about it.”
- Mary Oliver*

List 3 Strengths:

- 1.
- 2.
- 3.

Defining Perfectionism

Self-Oriented Perfectionist – Sets high standards for themselves

Other-Oriented Perfectionist – Sets high standards for others

Socially-Prescribed Perfectionist – Believe others expect them to be perfect

How Does The Word Perfect Make Me Feel?

“Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny.” -Frank Outlaw

**Part One: Taming Your Inner Critic & Exploring Your Potential
Noticing The Noise**

My Top Hits Are:

Whose Voice Is Running The Show?

Deciphering My Fears

Face **Everything And Rise**

Forget **Everything And Run**

A Conversation With My Best Friend

*“The reason we struggle with insecurity is because we compare our behind the scenes
to everyone else’s highlight reel.” - Steve Furtick*

Redefining The Full Package

The Six Pillars of Self-Esteem

1. Living Consciously
2. Self-Acceptance
3. Self-Responsibility
4. Self-Assertiveness
5. Living Purposefully
6. Personal Integrity

Part Two: Shift Your Focus & Live Bravely

First Attempts In Learning

If I knew it did not have to be perfect I would

How To Say “Yes” Before You Are Ready

- Black and White Thinking
- Magnifying
- Making Up
- Clarifiers

My “Yes”

My “And”

“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.” – Mary Anne Radmacher

The Language Of Resiliency:

I Have:

I Am:

I Can:

My Best Future Self:

Part Three: Liberate Yourself And Unleash Your Joy

Becoming A Benefit Seeker

Today I am looking forward to:

The Power Of Our Words

Golden Rule

Platinum Rule

Diamond Rule

A Second Conversation With My Best Friend

From Perfection to Passion

My Dream Goal

1. Where?
2. What?
3. Who?
4. How?

To be yourself in a world that is constantly trying to make you something different is the greatest accomplishment.” – Ralph Waldo Emerson

My Perfection Detox:

“The world would rather have your imperfect voice than your perfect silence.”