

## Scorecard for Personal and Business Growth

- Can you identify at least 3 common signs of perfectionism in yourself or others?
- Can you differentiate between striving for excellence and chasing after perfection?
- Can you explain two ways perfectionism can negatively impact your business?
- Can you share a personal example (from work or life) where perfectionism hindered progress?
- Can you describe two strategies for setting goals that combat perfectionism (e.g., SMART goals)?
- Can you identify one action you can take today to embrace a "good enough" mentality in your work?
- Can you explain the difference between a fixed mindset and a growth mindset, and how each relates to perfectionism?
- Can you identify one area in your business or personal life where you can adopt a more growth-oriented approach?
- Can you share a tip you found particularly helpful in the article for overcoming perfectionism?
- Would you recommend this article to others? Why or why not?