

Clarification Chart	Trying Too Hard to Make It Just Right. . is a relentless mental/emotional chase for perfection/flawlessness (impossible). Works against me. Can lead to procrastination—or burnout.	Partnering w/ God for Excellence . . .is enjoying self-care and other-care in balance (possible). Works for me. Lifts me up. Motivates me to action.
Life is shaped . . .	On pursuit of <i>doing</i> . (I should do, but don't = procrastination & lack of satisfaction/joy. I should do <i>more</i> , and so I do, yet it disappoints and can lead to compassion fatigue.)	On the pursuit of <i>being</i> . I pursue the Ultimate Being—the Great “I AM.” Ex. 3:14 & John 8:58. He shows me who I am & what He’s designed me for. Eph. 2:10
My self-talk sounds like . . .	Absolutes, generalizations and demands like: I must, I should, I ought to, I have to, I never.	Affirmation/encouragement like: I wish, ⇨ I want to, ⇨ I can, ⇨ I will = Motivation for intentional action.
I expect . . .	To be <i>the best</i> (without blunder) volunteer, friend, wife, mother, neighbor, _____ in comparison to everyone else. Unrealistic.	To be the best version of myself—who God created me to be. Do-able and reasonable.
I’m motivated by . . .	Avoiding others’ negative opinions and disapproval.	Self-responsibility before my loving God. Desire for growth.
I experience . . .	<i>Fear</i> —of “ <i>doing it wrong</i> ”—satisfied only at victory and/or the finished product. Miss life in the process.	<i>Relief</i> — <i>experience enjoyment</i> (satisfaction) throughout the process. (In increments—Chunkacizing!) Sense of accomplishment
I dwell in . . .	Fantasy. (Unrealistic expectations) Limited to all or nothing, good/bad, black/white thinking.	Reality, the real world. I see the truth (reality) of my circumstances. I have many colorful options. I have choices.
The bottom line is . . .	A MISCONCEPTION: People, projects, circumstances, and accomplishments have the ability to be perfect. When I believe this—in any way—then life, others, myself, my service and work becomes a continual disappointment.	THE TRUTH: People, organizations, circumstances and actions do not have the ability to be constantly flawless here on earth. Only God is perfect. Life doesn't have to be perfect to be wonderful. Neither do families, work, service, bodies, or dreams. <i>Isn't that a relief?</i>

Circle the ideas or phrases on this chart that strike a chord with you.

What one small action step will you take this next week? Who will you tell?

Contact Joan for info about Life Coaching, her books, her retreats, workshops and presentations: 480-659-0440 or joan@joancwebb.com and www.joancwebb.com