

# Perfectionism

1. Identify three **high** standards you have set for yourself:

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Is this standard reasonable for me?

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2. What are some of the positive consequences of pursuing the standards listed in question #1?

3. What are some of the negative consequences of pursuing the standards listed in question #1?



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# Credits



Alina V Design and Resources  
-Thank you for the border!



Busy Bee Studio  
-Thank you for the flowers!