Perfectionism

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

   * Standard:
   
   Is this standard reasonable for me?

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   * Standard:
   
   Is this standard reasonable for me?
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!