

## Affirmations for Perfectionists

1. My worth isn't based on my achievements.
2. My health is more important than my performance/accomplishments.
3. I will give myself grace when I make a mistake.
4. Mistakes are growth opportunities.
5. I value learning more than being right.
6. Everyone makes mistakes.
7. I choose to enjoy the process, not just focus on the outcome.
8. I don't have to do things perfectly.
9. Excellence is not the same as perfection.
10. Flaws are not inadequacies.
11. I'm more than my appearance (or grades or salary or any external marker of success).
12. I'm doing my best and that's all I can ask of myself.
13. I don't have to be perfect for people to like/accept/love me.
14. Relationships need authentic connection, not perfection.
15. Perfection is unrealistic.
16. My opinion matters.
17. It's okay to say no and set boundaries.
18. I accept myself just as I am.
19. I accept others just as they are.
20. My best effort isn't the same as perfection.
21. There's more than one "right" way to do something.
22. When things don't go as planned, I will adjust my expectations.
23. I can't control everything and that's okay because I have the resources to cope.
24. I don't have to do it all.
25. Asking for help is a good thing.
26. Asking for help reflects strength and courage.
27. It's healthy to relax and have fun.
28. Everyone needs to rest, including me.
29. Having fun isn't a reward you have to earn.
30. Slowing down helps me recharge and be thoughtful about my commitments and expectations.
31. Good enough really is good enough.
32. Done is better than perfect.
33. Progress, not perfection.
34. I'm imperfect and I'm still enough.