

THE  
*perfection*  
DETOX

**Can Fit Pro 2018  
Session 4203  
Petra Kolber**



## The Perfection Detox ®

*“Instructions for living a life. Pay attention. Be astonished. Tell about it.”  
- Mary Oliver*

### List 3 Strengths:

- 1.
- 2.
- 3.

### Defining Perfectionism

Self-Oriented Perfectionist – Sets high standards for themselves

Other-Oriented Perfectionist – Sets high standards for others

Socially-Prescribed Perfectionist – Believe others expect them to be perfect

### How Does The Word Perfect Make Me Feel?

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*“Watch your thoughts, they become words; watch your words, they become actions; watch your actions, they become habits; watch your habits, they become character; watch your character, for it becomes your destiny.” -Frank Outlaw*

**Part One: Taming Your Inner Critic & Exploring Your Potential  
Noticing The Noise**

**My Top Hits Are:**

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**Whose Voice Is Running The Show?**

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**Deciphering My Fears**

Face Everything And Rise

Forget Everything And Run

**A Conversation With My Best Friend**

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*“The reason we struggle with insecurity is because we compare our behind the scenes to everyone else’s highlight reel.” - Steve Furtick*

**Redefining The Full Package**

**The Six Pillars of Self-Esteem**

1. Living Consciously
2. Self-Acceptance
3. Self-Responsibility
4. Self-Assertiveness
5. Living Purposefully
6. Personal Integrity

**Part Two: Shift Your Focus & Live Bravely**

**First Attempts In Learning**

If I knew it did not have to be perfect I would .....

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**How To Say “Yes” Before You Are Ready**

- Black and White Thinking
- Magnifying
- Making Up
- Clarifiers

**My “Yes”**

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**My “And”**

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“Courage doesn’t always roar. Sometimes courage is the little voice at the end of the day that says I’ll try again tomorrow.” – Mary Anne Radmacher

**The Language Of Resiliency:**

**I Have:**

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**I Am:**

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**I Can:**

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**My Best Future Self:**

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**Part Three: Liberate Yourself And Unleash Your Joy**

**Becoming A Benefit Seeker**

Today I am looking forward to:

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**The Power Of Our Words**

Golden Rule

Platinum Rule

Diamond Rule

**A Second Conversation With My Best Friend**

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**From Perfection to Passion**

**My Dream Goal**

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1. What?
2. When?
3. Who?
4. Which?

To be yourself in a world that is constantly trying to make you something different is the greatest accomplishment.” – Ralph Waldo Emerson

**My Perfection Detox:**

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**“The world would rather have your imperfect voice than your perfect silence.”**