

Excellence vs. Perfectionism

Excellence Is...	Perfectionism Is...
Risk	Fear
Effort	Anger and Frustration
Openness to Being Wrong	Having to be Right
Spontaneity	Control
Flow	Pressure
Confidence	Doubt
Journey	Destination
Acceptance	Judgment
Encouraging	Criticizing

Greenspon, T. S., & Greenspon, T. S. (2012). *Moving past perfect : how perfectionism may be holding back your kids (and you!) and what you can do about it*. Minneapolis, MN: Free Spirit Pub.