

Done Is a Decision

Curated by Simon De Los Rios

WHO IS THIS FOR

This practice is for those always looking for perfection or those who cannot finish or release something because it never feels ready, and wonders if they will ever feel good enough to let it be seen.

PAIN

Endless polishing, missed deadlines, and work that never sees the light of day because the standard being chased is impossible to reach.

SOLVES

Helps you separate what needs fixing from what you are just scared to have seen, so you can call it done and let it go.

TOPIC

BUSINESS & ENTREPRENEURSHIP

CAREER TRANSITION

LIFE & MEANING

READ TIME
2 minutes

TIME REQUIRED
20–30 min

WHAT YOU NEED
notebook, pen

BEFORE YOU START

My invitation, take some time for yourself. Put your phone somewhere else and avoid distractions. Put on music you like and if you feel like it, brew yourself a nice cup of coffee or a tea. And lastly, but most importantly, try to have fun... this must be an activity to be enjoyed.

Step 1: Name the thing

Write down what you are stuck on. The email sitting in your drafts for two weeks, the resume you keep tweaking instead of sending, the launch date you keep pushing back. Be specific.

- *How long have I been working on this?*

Step 2: Ask what perfect is protecting you from

Perfectionism is not really about quality. It is usually a way to avoid being judged or found not enough, wearing the costume of high standards.

- *If I released this exactly as it is right now, what am I afraid would happen?*
- *Who am I afraid would think less of me?*

Step 3: Separate the two bars

Make two lists. In the first, write what would genuinely make this worse if it was missing. In the second, write what you are fixing because it feels safer to keep working than to be seen.

- *Which list is longer?*
- *What am I feeling as I sort these?*

Step 4: Define done

Write one sentence that describes what "good enough to release" looks like. Not perfect. Done. As Reid Hoffman famously said, "If you aren't embarrassed by the first version of your product, you shipped too late."

- *What would it take for me to trust that this sentence is true?*
- *What is the smallest next action that moves this toward release?*

Example. Joe had been building his consulting website for four months. Every week he found something else to fix, the wording, the layout, the headshot. He sat down and asked what perfect was protecting him from. The honest answer was that if the site was live and nobody hired him, there would be nowhere left to hide, no more excuse that it just was not ready. He made his two lists. The first list had one item: a broken contact form. The second list had eleven. He fixed the form and published the site that Friday.

BEFORE YOU CLOSE THIS

Set a real date for when this ships. Not a feeling of readiness. A date.

CONTINUE WITH

The Inner Critic, if the fear behind the perfectionism keeps showing up elsewhere, this practice helps you question it directly.

Curated by: Simon De Los Rios

Source: Concept informed by Joe Hudson's work on perfectionism, adapted by SDLR