PRACTICE

Done Is a Decision

Curated by Simon De Los Rios

WHO IS THIS FOR

You are a perfectionist, or you cannot finish or launch something because it never feels ready.

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	TIME REQUIRED	WHAT YOU NEED
2 minutes	20 to 30 min	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 often 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 on the card below. 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.

WHAT WOULD MAKE THIS WORSE IF IT WAS MISSING	WHAT I AM FIXING BECAUSE IT FEELS SAFER THAN BEING SEEN

DONE MEANS _____ SHIPS ON _____

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

Step 4: Define done

At the bottom of the card, write one sentence that describes what “good enough to release” looks like. Reid Hoffman is often quoted as saying, “If you’re not embarrassed by the first version of your product, you’ve launched 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?*

BEFORE YOU CLOSE THIS

Pick the date this ships, write it on the card, and tell one person.

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