

# I choose improvement over perfection

## **I choose improvement over perfection.**

I want to make today better than yesterday. I do this in each part of my life. I am constantly making the effort to enhance my finances, relationships, health, and build my skills to a higher level.

## **I know that if I improve by a little bit each day, my life eventually becomes much, much better.**

What do I think about perfection? Perfection is a mistake! Perfection is a myth. It is toxic and poison to improvement. It is an unrealistic goal that impedes my progress.

When I worry about doing something perfectly, I become afraid to try.

I can do more to enhance my life by chasing improvement than by chasing perfection.

## **Improvement is believable and achievable.**

I am fine with making small improvements each day. These small enhancements really add up over the long term. **Small improvements are like compound interest.** Over time, they are incredibly powerful!

Improvement gives me a sense of accomplishment and allows my self-confidence to grow.

Today, I strive to improve in every aspect of my life. I know that I can be a better friend, make wiser financial decisions, strengthen my skills, and make healthier choices. I choose improvement and reject perfection.

## **Self-Reflection Questions:**

1. What are the most important areas of my life for me to experience improvement?
2. When have I allowed the desire for perfection to get in my way?
3. What would my life look like if I were able to be twice as good in every area of my life? What if it took a year to accomplish that? Would it be worth it?

