**Perfectionism Detox Workbook: 9 Practical Strategies to Overcome Stress, Conquer Anxiety, and Reclaim Your Time for What Truly Matters**

*Chapter 1: Understanding Your Perfectionism*

**Guided Mindfulness Practice Worksheet**

**Mindfulness Practice: Letting Go of Perfectionism**

This worksheet accompanies the 5-10 minute guided mindfulness audio or video session available on your companion website. Use it to reflect on your experience during and after the practice.

**Before the Practice**

1. **Set Your Intention:**  
   What do you hope to achieve from this mindfulness session? (e.g., relaxation, clarity, letting go of tension)
2. **Check-In with Yourself:**
   * How are you feeling physically? (e.g., tense, relaxed, tired)
   * How are you feeling emotionally? (e.g., stressed, calm, overwhelmed)

**During the Practice**

While engaging with the guided mindfulness session, take note of the following:

1. **Body Awareness:**
   * Did you notice any tension or discomfort in your body? Where?
2. **Breathing:**
   * How did focusing on your breath make you feel? (e.g., calm, centered, resistant)
3. **Thoughts:**
   * Did any specific thoughts or worries come up? Were you able to let them pass?
4. **Emotions:**
   * How did your emotions shift (if at all) during the practice?

**After the Practice**

1. **Reflection on the Session:**
   * How do you feel now compared to before the practice?
2. **Insights Gained:**
   * What stood out to you during the session?
3. **Letting Go of Perfectionism:**
   * Did the practice help you release any specific perfectionist tendencies or thoughts?

**Integrating Mindfulness Into Your Day**

1. **What’s one moment today when you could pause and take a mindful breath?**
2. **How can you remind yourself to practice mindfulness regularly? (e.g., setting an alarm, placing a note on your desk)**

**Additional Resources**

Visit the companion website to:

* **Download the guided mindfulness audio or video.**
* **Explore tips for incorporating mindfulness into your daily life.**
* **Access a printable mindfulness tracker to build a consistent practice.**