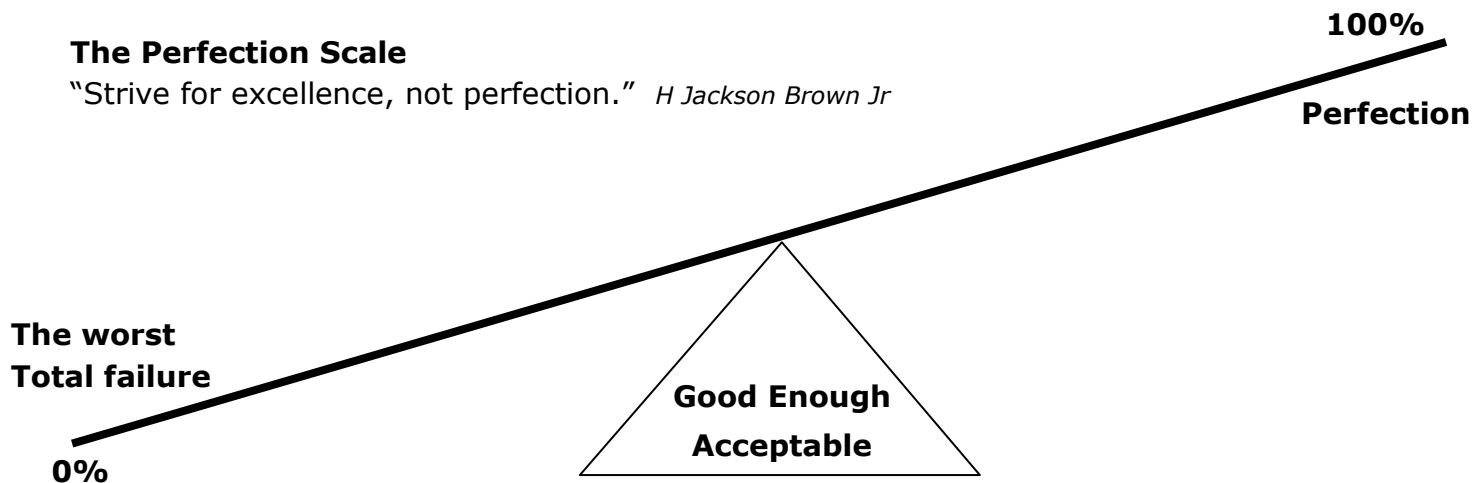


The Perfection Scale

"Strive for excellence, not perfection." *H Jackson Brown Jr*



In each box below:

- Write the percentages for each standard (rename the standard if you prefer)
- Write a description (what it would look like generally, and/or for particular situations)

The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%

Alternative, more balanced perspective:

Situation:				
The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%
Alternative, more balanced perspective:				

Situation:				
The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%
Alternative, more balanced perspective:				

Situation:				
The Worst	Below Average	Acceptable	Excellence	Perfection
0%	%	%	%	100%
Alternative, more balanced perspective:				

"Strive for excellence, not perfection." *H Jackson Brown Jr*

Perfection vs Excellence

Add any more comparisons in the empty boxes below, or use a blank sheet to create your own comparison table

Perfection	Excellence
There is nothing better	The best we can hope for
Unattainable	Achievable with effort and planning
Failure inevitable	Sense of achievement
Depression	Contentment
Being right	Being willing to be wrong
Fear	Taking a risk
Anger & frustration	Powerful
Control	Spontaneous
Taking	Giving
Doubt	Confidence
Pressure	Natural
Result focussed	Process focussed
You'll never be good enough	You're one of the best
Mistakes are not tolerated	Accepting of mistakes
Inflexible	Flexible
Despondent	Motivated

Failure

	Nature	My responsibility	Not my responsibility
Failure	Objective Tangible Final - not changeable (<i>e.g. exam result</i>)	<ul style="list-style-type: none"> • What can I change? • What better choices can I make? • What can I do now? • What could I do differently in the future? 	<ul style="list-style-type: none"> • It was outside of my control. Other factors played a part. • Is there anything I could do differently if a similar situation occurred again?
Failing	Subjective Abstract Changeable	<ul style="list-style-type: none"> • Shall I keep going? • Shall I do something different? 	<ul style="list-style-type: none"> • Is there anything I can do to make positive changes?