

# Seek excellence, not perfection

Empowering  
your life

BY AJIT LUDHER



IF YOU know of a friend, family member, co-worker or acquaintance who considers himself or herself a perfectionist, you will notice that the person seems edgy, on guard or perhaps demanding.

We all live in a very competitive world and it is important to have high personal and professional standards.

However, when one's standard or goal is perfection, it could lead to more frustration, anxiety, and disappointment than is necessary.

The goal of perfection is unrealistic. There is little in life that is perfect. To be human is to be imperfect. There is no perfect person, no perfect relationship, no perfect job, no perfect house ... the list is endless.

The dictionary defines perfectionism as "a disposition to regard anything short of perfection as unacceptable". A perfectionist who constantly reaches for a goal that is always just a little beyond reach is certainly setting himself up for frustration and disappointment, and maybe, unnecessary anxiety.

In her book, *The Happiness Makeover*, M.J. Ryan cites that "research has shown that perfectionists are less healthy, less happy, have less satisfying relationships, and even earn less than others".

There are many downsides when a person seeks perfection as a goal. This person may also avoid taking risks for fear that the outcome will not be perfect. Hence, the loss of the opportunity for learning.



Similarly, a person seeking the perfect relationship sabotages himself from the beginning as there is no perfect relationship.

Expecting others to do a perfect assignment or job is another pitfall of the perfectionist. This expectation can often trigger an anger/anxiety reaction from the perfectionist, creating intolerance that can be non-productive or hurtful in the workplace.

A reasonable solution to perfectionism is to replace the goal of perfection with a more realistic, attainable goal, such as excellence.

Adopting the goal of excellence helps take the edge off the drive for perfection, enabling a person to become more tolerant, understanding, and more solution-oriented.

The less pressure a person feels, the better he functions, and concentrates.

Worrying about how events will go is yet another pitfall of the perfectionist while the goal of excellence enables a person to worry less and thus experience less of the anxiety or stress.

Hypnotherapy is an excellent modality to help the perfectionist

replace that goal with a more realistic one that is achievable daily.

The hypnotherapist guides the client into hypnosis (a hypersuggestible state of mind), while also guiding the client to relax his body.

A suggestion to replace the old goal with the goal of excellence will enable the client to experience the change much faster than merely thinking about creating a change.

The really big payoff of letting go of perfectionism and adopting excellence as a life goal is that a person will become generally happier.

Let's remember that a happier person lives longer, experiences less stress and anxiety, and is more successful in relationships and other endeavours.

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