



Overcoming Perfectionism Process

Drop your mind into your heart and tell yourself the truth...

Where in your life are you stuck in perfectionism?

What's your past story?

What is the fear or belief?

Archetype: _____

Shadow: _____

Do you want to live your magnificent future or stay stuck in the past?

What have you learned?

What is the soul wisdom in that past story you have learned?

What is an Inspired Action you can take to put that soul wisdom into practice?

Archetype: _____

Gift: _____