Mind map

Perfectionism: when chasing perfection stalls results

Perfectionism

High standards vs. perfectionism

- High standards know when to stop
- Perfectionism demands zero defects
- Cost: delays and missed opportunities

Why the mind stalls

- Fear of what mistakes would mean
- Fear of not being enough
- Often paired with impostor syndrome

Two ways to stall

- Procrastinating out of fear of results
- Endless revision

Good enough for purpose

- Every deliverable has a real bar
- Internal emails need less polish
- Set the standard before starting

Breaking the cycle

- Define the stopping point
- Use deadlines as a tool
- Separate drafting from refining
- Ask the cost of waiting

Costs beyond time

- Self-criticism erodes self-esteem
- Teams suffer tight deadlines
- Excellence stays, just redirected

Action plan

1. Define upfront the required standard and what counts as done
2. Work with a real, defined deadline
3. Write an imperfect draft and refine it separately
4. Ask the cost of waiting before another revision
5. Deliberately ship low-risk tasks without extra revision

Key takeaway

> Excellence isn't zero defects: it's delivering what the purpose requires and putting energy into more good work.

Author: **Vagner Soares**
Graphic art: **Yago Soares**
vagnersoares.com.br