

Perfectionism versus Excellence: A Critical Difference

Perfectionism

1. Idealistic: "It should be..."
2. Strives for the impossible
3. Motivated by wanting to avoid the negative and a fear of failure
4. Focus on product
5. Expects best in comparison to everyone else
6. Views life as a threat
7. Hates criticism
8. Remembers mistakes and dwells on them
9. Values self by what they do
10. Results in:
 - Disappointment
 - Condemnation
 - Frustration
 - Failure

Excellence

1. Realistic: "It is..."
2. Strives for the possible
3. Motivated by desire for success and striving for the positive
4. Focus on process
5. Expects best of self
6. Views life as a challenge
7. Welcomes criticism
8. Corrects mistakes and learns from them
9. Values self by who they are
10. Results in:
 - Accomplishment
 - Acceptance
 - Fulfillment
 - Success

Source: Hope for the Perfectionist by David Stoop