

A top-down photograph of a person's hands on a silver laptop keyboard and trackpad. The laptop is open and sits on a thick, grey, shaggy rug. To the right of the laptop, a white smartphone with a black Apple logo is lying on the rug. The person is wearing a black long-sleeved top. A semi-transparent light green box is overlaid on the left side of the image, containing the text 'Day 6 Perfectionist'.

Day 6
Perfectionist

Rest, Relax and Recharge

GELUKKIGE
STUDENT

PERFECTIONISM
DOESN'T MAKE YOU
FEEL PERFECT;
IT MAKES YOU FEEL
INADEQUATE.

————— MARIA SHRIVER —————

GELUKKIGE
STUDENT

Help I'm a perfectionist

- Giving it your best and being perfect = not the same!
- Perfectionism is addictive...
- and not real
- Focus on other people
- Puts pressure on ourselves

Exercise

Did you judge something of someone? Did you gossip?

Try to do it less or even better stop!

