

# The Perfectionist's Guide to Losing Control

by Katherine Morgan Schafler

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Name Your Dominant Style This Week**

Choose one perfectionist style that shows up most (Classic, Intense, Parisian, Procrastinator, or Messy). Track where it helps and where it harms.

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<sup>02</sup> **Set a 'Good Enough' Finish Line**

For one important task, define completion criteria before you start. Stop when criteria are met instead of chasing emotional certainty.

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<sup>03</sup> **Run a 30-Minute Ugly First Draft**

Use a hard timer. Produce a rough version with zero polishing. This trains action before perfection.

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<sup>04</sup> **Swap One Apology for a Boundary**

Replace over-apologizing with a clear limit: 'I can't take that on this week.' Keep tone warm and firm.

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<sup>05</sup> **Schedule Recovery Like a Deliverable**

Block one non-negotiable recovery session on your calendar. Treat it as a performance input, not a reward.

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<sup>06</sup> **Practice Fast Repair**

After one mistake, communicate quickly: what happened, what you'll change, and how you'll reconnect.

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<sup>07</sup> **Publish Before Perfect**

Ship one piece of work at version 1.0 and collect feedback before refinement. Iteration beats isolation.

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<sup>08</sup>