

The Perfectionist Archetype

Examples of how our Perfectionist can show up in business

| SHADOW ASPECTS (Disempowering) | LIGHT ASPECTS (Empowering) |
|---|---|
| Saboteur | Inspired to do my best work |
| Procrastination | I see what's right – right now |
| Doubt | I notice and appreciate excellence |
| Lack of focus | I can figure it out / It always turns out |
| Distractions | Amazing (experiences / products) |
| Overwhelm | Quality |
| Paralysis | Flows together |
| Insanity | I have fun with ideas that come along |
| Critical (especially of self) | I enjoy the process |
| Shame | Possibilities |
| Time consuming / waste time | I expect magic & miracles |
| Stop forward movement/momentum | I trust myself and others |
| Excuses | Truth |
| It's not perfect yet | In integrity |
| I need more training | Confidence |
| I need more experience | Divine |
| I need more letters after my name | Courage |
| I need to have the perfect words | Resonant / Aligned |
| I'm quiet until I'm sure | Authentic |
| Afraid I will be judged | Coordinated |
| I should / I shouldn't | Connectedness |
| Compare myself to others | Harmony / Harmonious |
| Expect the worst (I'm so stupid) | Beauty / Beautiful / Purity |
| I'm not quite whole / healed yet | Inspired / Inspirational |
| I'm not quite ready | Irresistible |
| I'm not quite that person yet | Attracting / Wow Factor |
| I don't have enough information | High end / Luxury |
| I don't know what they (clients) want | Exclusive / Elite |
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Activate Your Success Body – Transform Your Fate into Your Destiny

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