

WORKBOOK

PROCRASTINATION & PERFECTIONISM

our monthly audit, reflection and
period for aligned action

OVIE.IO

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TAKING INVENTORY

Taking stock on our perfectionist and procrastination tendencies.

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PERFECTIONISM & PROCRASTINATION

Broken down by Sophia Dawson, Ovie Psychologist.

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DELVING DEEPER

Journal prompts to dig deeper into these themes.

4

COMMITTED & ALIGNED ACTION

Your plan to lessen these tendencies.

5

REFLECTION

Space for reflection on self learnings, or free journalling space to use as you wish.

TAKING INVENTORY

WHAT DOES PERFECTIONISM MEAN TO ME?

HOW DOES PERFECTIONISM MANIFEST IN MY DAY-TO-DAY LIFE? HOW DOES PROCRASTINATION?

WHAT HIGH STANDARDS DO I CONSTANTLY HOLD MYSELF TO?

WHICH OF THESE HIGH STANDARDS MAY BE UNREALISTIC?

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PERFECTIONISM & PROCRASTINATION

Perfectionism puts us in a 100 percent or nothing mode, which is often not sustainable, and when we can't sustain something we have set out to do, this can feel like failure.

If we identify with being a perfectionist, then that means perfection is a value we hold.

To begin, a good question to ask is, do I truly value perfection in life?

Do I expect perfection from others?

Or do I give far more grace and leniency to others in life?

One reason perfectionism might be a value for us is that we've seen it garner success previously - we've learnt that can work. For example, I studied 24/7 for 2 weeks for an exam, and I got an A+, and that success felt really good.

We're always in pursuit of success, and those great feelings we get from achieving. But, if we're doing anything less than perfection, we're forced to sit in that grey area, and the discomfort of knowing I'm not doing everything I can to achieve that.



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PERFECTIONISM & PROCRASTINATION

However, we see from experience, consistency is what really matters for success, especially in longer term goals such as health, fertility, weight loss as examples, and that success in areas such as these absolutely can come from doing things well 80 percent of the time, leaving a 20 percent wiggle room for life to get in the way.

Perfectionism can also slow us down. Being in the 100 percent or nothing mode can seem terrifying, and this fear can be a barrier to actually getting started and doing the thing. For example, the 'diet starts on Monday' means we're procrastinating making small towards moves immediately, as starting 100 percent on a restrictive diet feels too scary or had to begin right away.

PERFECTIONISM & PROCRASTINATION



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CLARE & SOPHIA ON PERFECTIONISM & PROCRASTINATION

Clare & Sophia sit down to begin to unpack the value of perfectionism, whether this serves us, and how it can be a driver of procrastination.

[WATCH HERE](#)

DELVING DEEPER

HOW DOES PERFECTIONISM BENEFIT ME? HOW DOES PROCRASTINATION?

WHAT ARE THE FEARS THAT UNDERLIE MY NEED FOR THINGS TO BE PERFECT? WHAT FEARS HOLD ME BACK FROM STARTING THE THING I'M PROCRASTINATING?

WHAT AM I AVOIDING BECAUSE I CAN'T BE "PERFECT"?

HOW DOES PERFECTIONISM RELATE TO MY SELF-WORTH AND SELF-IDENTITY?

ALIGNED ACTION

This is where you can begin to craft your game plan for change you're going to make in this area of perfectionism and procrastination.

HOW CAN I PRACTICE BEING MORE FORGIVING AND UNDERSTANDING OF MYSELF WHEN I MAKE MISTAKES?

WHAT ARE SOME BABY STEPS I CAN TAKE TO CHALLENGE MY PERFECTIONIST TENDENCIES?

LOOKING FORWARD, WHAT IS ONE COMMITMENT I CAN MAKE TO MYSELF TO CHALLENGE AND SOFTEN MY PERFECTIONIST TENDENCIES?

WHAT ARE SOME BABY STEPS I CAN TAKE TO CHALLENGE MY PERFECTIONIST TENDENCIES?

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FREE JOURNALLING

USE THIS PAGE TO EXPAND MORE ON YOUR THOUGHTS

This image shows a single sheet of white paper with horizontal blue lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

OVIE - REFLECTION

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NEED PERSONALIZED HELP WITH YOUR PCOS?

If there's an area in your life where you feel you need that extra bit of help and guidance regarding your PCOS, look no further. Our Ovie 1:1 coaching offers personalized support tailored to your unique needs and challenges. Our team of experts is here to provide dedicated assistance, whether you're seeking advice on nutrition, fitness, emotional well-being, or any other aspect of managing PCOS. With Ovie's 1:1 coaching, you'll receive individualized attention and strategies to empower you on your journey to a healthier, happier life with PCOS.

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COACHING

