Good enough experiments

Do it less than perfectly, on purpose, and see what happens.

Name _____ Date _____

The fear behind perfectionism is that anything less will lead to disaster: criticism, failure, being found out. The only way to check is to try.

Ideas

- [ ] Send an email after one read-through
- [ ] Set a time limit for a task and stop when it ends
- [ ] Leave one small thing untidy
- [ ] Hand in something at 80%
- [ ] Say "I do not know" in a meeting
- [ ] Ask for help with something
- [ ] Leave on time
- [ ] Try something I am not good at
- [ ] Let someone else do it their way
- [ ] Make a small mistake deliberately

What I did differently	What I predicted would happen	What actually happened	What I did with the time or energy saved

What am I learning?

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