How good is good enough?

Decide how much effort each task really needs.

Name _____ Date _____

Perfectionism treats every task as if it mattered equally. In reality a few things deserve your very best, most need to be decent, and some just need to be done.

Needs my best	Rare. High stakes, hard to undo, or very important to me or others.
Needs to be good	Most things. Solid, accurate, on time. Small flaws do not matter.
Just needs doing	Routine, low stakes, nobody will remember. Quick is better than polished.

Task	Which level?	Time limit	What good enough looks like

Which tasks have I been over-doing?

What would I do with the time I get back?

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