



Getting Addicted to Perfection May Not Help in Your Career

A lot many times you may feel restless and depressed because of false expectations from yourself to have everything perfect. Humanly it is just not possible to achieve perfection all the time, either in professional life or in personal life. Sometimes you attain perfection and then discover that the happiness does not last long enough. You are soon exhausted expecting further perfection from yourself. Failure to meet perfection leads to unhappiness.

You control yourself by wanting to be perfect. You are driven by a false belief that if you are perfect people will like, love, and admire you. You will be center of attraction and people will approve your existence. This will automatically propel you forward in your career too. However, you need to set yourselves free of such false notions. When you give others the right to define your sense of worth, it leads to a struggle to measure up and is very strenuous. The same happens even in your professional life when you give your seniors or supervisors the authority to decide your worth to the organization. This hampers your progress and makes you restricted.

It is always recommended that you decide your own worth and this is how you will stop worrying about what others think and feel about you. Even at job you expect same perfection from yourselves and your team mates, at times even from **upper level management**. This is how you invite problems for yourselves.

The desire to present with perfection creates complexity in deriving output. If you are not perfect the fear of disapproval and failure stops you from taking the action you need to take. Professionally judging yourself to do things with perfection often backfires, leading to half finished tasks instead of generating better creativity and productivity.

While you were young your parents used to define your worth, when you grew up you gave this authority to your peers. Somewhere you need to take this authority to define your worth. Instead of defining your worth based on external qualities you need to shift your worth being based on internal, intrinsic soul qualities. As long as your worth is based on performance, you will worry about results. Even in your career you should be judging your worth instead of your seniors or supervisors judging your worth.

Worth is never decided compared with performance when you give importance to intrinsic qualities of caring, compassion, goodness, empathy, and joyfulness. This gives you the freedom to produce with joy, allowing you to make mistakes and still be worthy. Here what others think and feel about you has no value. You will know that you are already perfect, and you need not make efforts to



prove it to anyone. This feeling makes your life much easier and less tiring.

Your addiction to perfection restricts you, whereas you are free to fully express yourself and manifest your gifts and talents, achieving success in your career. Expressing yourself creatively and productively is fun and you perform much better in your career and thus attain success.