

One Source

Employee Assistance Program

RWJBarnabas
HEALTH



Having goals can be an important component of growth and success. When we strive towards perfection and ignore balance, we may be limiting our progress. Perfectionism can be more of a hindrance than an aid when it comes to overcoming challenges. By shifting mentality from a perfectionist to an optimist, we can be more flexible, resilient and effective in the pursuit of our goals.

The Perfectionist

- Rejects failure
- Focuses solely on the destination
- Sees a straight path to the destination
- Rigid and static
- All or nothing thinking

The Optimist

- Learns from failure
- Focuses on the journey and the destination
- Recognizes that the path has twists and turns
- Adaptable and dynamic
- Nuanced, complex thinking

Those who adopt an optimistic attitude are often more productive and feel greater satisfaction and happiness in life versus their perfectionist counterparts. Begin integrating more optimism into your everyday life.

Tip: Think of the last time things didn't go as planned. Write down everything you learned from that experience, the feedback you received and how will it help you improve in the future.

Tip: Take one of your goals and write it down. Is it realistic? If not, how can you reframe it so that it becomes achievable? Should you modify the goal or break it into actionable steps? Write out the steps and decide if they are realistic and achievable.

Your One Source Employee Assistance is here to assist you 24/7, 365 days a year. Call 1-800-300-0628