

CHAMPION

MINDSET

Week 1 - Discovery of Self

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Week 1: Discovery of Self

Over the years we may have consciously OR unconsciously created a script in our heads about what it means to be “perfect” rather than to accept ourselves just as we are.

Whether we realize it or not, the mindset around perfectionism is a learned behavior and it took years in the making.

There have been influences in our life – and I’ll get more into this in another unit – that have shaped how we see ourselves and how we see others.

I recently had an interesting conversation about life and how life lessons occur in stages. We compared it to learning to ride a bike or speak a new language. For most of us It was difficult to learn how to ride or understand new words at first, yet now you find it so easy you’ve forgotten how you learned it in the first place.

See what happens is, when someone is learning something, they typically go through 4 main stages of learning an idea, a behavior or a habit. They are called the 4 stages of learning.

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4 stages of learning:

1. **Unconscious Incompetence: You don't know what you don't know**

When you were growing up, did you ever hear the term Perfect Imperfection? Me neither. Like me, you probably didn't even know this term existed. For me, I didn't even see any reason to learn about this because it was simply not even close to being within my realm of knowledge or mindset. So, like many people the thoughts of perfect imperfection aren't even on their radar. They don't have any idea that there is an alternative way of living that doesn't include perfectionism.

So, for me I was simply incompetent in perfect imperfection. Well.... up until now that is. And now that I am in the know it moves me to the next stage of learning called:

2. **Conscious Incompetence: You now know what you don't know**

Now at this stage I am aware that I'm not familiar with the term or the way of living in perfect imperfection. But I would have no sweet clue on how to live it, what to do to learn it, or even where to start. All I know is that I now know that I don't know it!

So, for me, Ignorance is no longer bliss. Ideally, this is where I would sign up for a Perfect Imperfection program because I now want to learn ways to tame that perfectionism beast that is living inside of me. So now, I'm thrown into learning new stuff. **And it can be uncomfortable!**

I call this stage the **vortex of discomfort**. This is where you may hear yourself say things like: "What the hell am I doing?" "I'm making mistakes!" or "I'm failing?!!!!"

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I say to my clients that this is the most important stage, because this is where you get to live in choice. This is where you can choose to either:

- a) Step outside of the vortex of discomfort, play it safe and comfortable and simply not learn something new that could potentially be transformative OR
- b) Stay in the discomfort, and know that this is exactly the stage where you will learn, grow and forever transform

**And if you choose to stay in this stage,
eventually you WILL make it to the next stage**

3. Conscious Competence: You know what you know

It's like practicing a new "language" or like learning to ride a bike – and if you go through repetition after repetition, you start to get the hang of it. You start to feel more engaged and You start to realize that you're starting to know this stuff!

The light bulb turns on!!!! It's that eureka moment! That ah-ha moment!

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4. Unconscious Competence: You don't know what you know

After repetition, failing, retrying you get to a point that you don't even consciously think about it anymore. It becomes like you've always known how to ride a bike and you're now thinking in that new language you've been learning. **You know it so well you don't even realize you are doing it.** The skill is so embedded that you don't even need to process what you are doing. It has now become a part of who you are.

There is a choice you have at the second level of learning – you either go through the vortex of discomfort or you stay back and play it safe. I'm choosing to go through the vortex because I know there is growth on the other side.

So, as you go through this program, notice and get curious about what stage of learning you may be at. Are you feeling resistance and/or discomfort? GOOD! Stay there! Experience it and whatever you do, don't judge it. That's what the perfectionist would want you to do.

Allow yourself to take a childlike mindset to your learning around yourself and what it would be like to live a perfectly imperfect life.

Make this your year of light bulb moments!

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ADVENTURE #1: Want to try something crazy?

In the space below (or in a separate notebook), I want you to draw the perfect cloud. Now, it has to be perfect in every way!

Now here comes the fun part.... ask a few friends or family members to also draw their perfect cloud. Don't show them yours until they've completed theirs. Once they have drawn it, compare the pictures and ask the questions below:

1. Describe the characteristics of how this cloud is perfect
2. How is your cloud different from the other clouds that were drawn?
3. Ask your friends or family members why theirs is perfect
4. What shows up for you when you see the differences or similarities?

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Perfectionism

Most people would consider having high standards a good thing. Striving for excellence can show that you have a good work ethic and strength of character. High standards can also push you to reach your peak level of performance. For example, athletes often train long and hard to reach excellence in their sports.

Perfectionism, on the other hand, involves a tendency to set standards that are so high that they either cannot be met, or are only met with great difficulty.

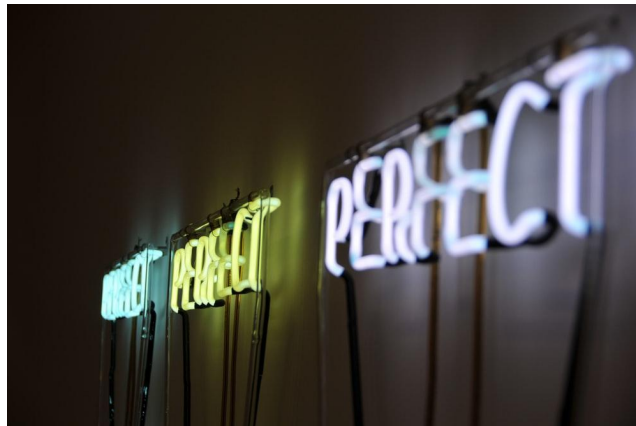
Perfectionists tend to believe that anything short of perfection is horrible, and that even minor imperfections will lead to catastrophe. For example, most people believe it is important to try to do one's best and not make mistakes. However, most people also believe that making mistakes from time to time is inevitable and that making a mistake does not mean they have failed something entirely. However, adults with perfectionism tend to believe that they should never make mistakes and that making a mistake means they are a failure or a horrible person for disappointing others. Thinking like this makes it really scary for them to make mistakes.

Trying to be perfect is also likely to make you feel stressed and maybe even disappointed with yourself much of the time because you are not able to meet your standards easily or at all. Over time, you may even start to believe that you are not as capable as others.

Therefore, it is worthwhile to consider loosening up your standards a bit to ease the stress and anxiety you may feel from trying so hard to be perfect.

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– Source: Anxiety Canada

ADVENTURE #2: Some weird and wonderful questions

Now, here is where you get to bring full permission to yourself. Answer the following questions with 110% honesty and If you have trouble figuring out where you are with perfectionism, just think about what shows up in your body when you read these? Don't take too long figuring out the answer. Just do a brain dump and write whatever first comes to mind. *Hint:* You don't need to be perfect with your answers. 😊

What is your definition of perfection?

What is your definition of imperfection?

Where Do you have trouble meeting your own standards?

Do you hold a higher standard for yourself vs others? If so, please expand.

What does perfectionism take away from you?

What does perfect imperfection currently mean to you?

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ADVENTURE #3: Imagine your Champion life

Imagine that one night, as you sleep, your world magically changes into everything you want it to be.

Every desire, every dream, everything you wish for has happened. Your life is now utter “perfection”. In the morning, you open your eyes. You look around. Grab a notebook and describe in as much detail the following:

What in that dream was different?

What told you that your life is now different?

What’s something you became more of?

What did you feel proud of? Keep this about YOU vs someone else.

When or where did you feel most alive? What makes you go wheeee?

What do you really care about? Not who. Make this about YOU

What’s one of your gifts that you noticed?

What made you feel comfortable or confident in your own skin?

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Now, if you found this Adventure difficult, NO PROBLEM!!!! That's totally ok. In fact, you can even come back to it later. The mind is a powerful tool and the perfectionist may be pulling your thoughts into things like:

- **Black-and-white thinking** (e.g., "Anything less than perfection is a failure", "If I need help from others, then I am weak")
- **Catastrophic thinking** (e.g., "If I make a mistake in front of my coworkers, I won't be able to survive the humiliation", "I can't handle having someone being upset with me.")
- **Probability overestimation** (e.g., "Although I spent all night preparing for a presentation, I know I won't do well", "My boss will think I am lazy if I take a couple of sick days.")
- **Should statements** (e.g., "I should never make mistakes", "I should never come across as nervous or anxious", "I should always be able to predict problems before they occur.")

When you simply get curious and "play in the sandbox", you can never make a mistake. And, you can look at your dream from a child's set of eyes. Just know that you're exactly where you need to be right now in this journey. And, you're learning something amazing just by doing (or not doing) this adventure. You're discovering when and where there is resistance and discomfort. WOW! That's an amazing first step!



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What's next?

Time to look forward to more learning in Week 2. Yahoo!!!!

Now that we've gotten to know ourselves just a little better, let's move on to diving deeper in to the following:

The "Shoulds" and Comparison trap

You will also be given tools to help with creating a perfectly imperfect mindset. These tools will help you see that you ARE progressing in life already AND that you can take comfort knowing that you are perfect just the way you are.



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Now, on to Week 2!

Videos



<https://time.com/3773858/dove-choose-beautiful-average-door/>

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<https://www.pgcareers.com/likeagirl-video>