

# NORMALIZING *Perfection*

## 1. WHAT DOES A *perfect* DAY LOOK LIKE TO YOU?

- Think about your most productive day
- What tasks and characteristics does it have
- List out as many as possible and don't restrict yourself

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## 2. WHAT DOES YOUR DAY *usually* LOOK LIKE?

- Think about your average day
- Consider your life's tasks in detail

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## 3. SET YOUR *goals*

- What do you want to achieve in school, work, socially, and personally?
- Break these goals down into steps and connect them with your perfect day

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## 4. SET UP YOUR *daily satisfaction*

- What do you do almost every day?
- Change how you think about seemingly mundane tasks

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