

Perfectionism or STRIVING FOR EXCELLENCE



Perfectionism means pushing for perfect results, often causing stress and setbacks. Healthy striving means setting high goals and staying flexible even when challenges come up.

Signs of Perfectionism

- Fear of failure and mistakes
- Never satisfied with accomplishments
- Focus on outcomes, not the process
- Avoiding risks
- Embarrassment over errors
- Rigid goals and standards
- Reluctance to ask for help

Signs of Healthy Striving

- Driven by creativity and enthusiasm
- Joy and satisfaction from effort
- Focus on the process, not just the outcome
- Emphasis on growth and improvement
- See mistakes as learning opportunities
- Flexible with goals and standards
- Comfortable with vulnerability



What You Can Do

Perfectionism can be exhausting and take the joy out of learning. Consider reaching out for support to develop a healthier approach to reaching your goals.

- [Counseling and Prevention Services](#)
- [Academic Success Coaching](#)
- [Sorenson Legacy Foundation Center for Clinical Excellence](#)



The Center for Academic Belonging & Learning Excellence
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