

Perfectionist Penny

"If I don't do it perfectly, I'm not good enough."



WHAT SHE'S THINKING/FEELING

- Holds herself to unrealistic standards
- Fears failure, judgment, or letting others down
- Overworks to feel worthy and secure

WHAT SHE REALLY WANTS

- Freedom to make mistakes
- Confidence without constant proving
- True self-acceptance

HOW COACHING CAN HELP

- Helps her redefine success and self-worth
- Builds self-compassion and healthy boundaries
- Creates room for growth—not perfection