Perfectionist Penny

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

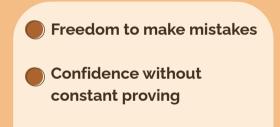


WHAT SHE'S THINKING/FEELING

Holds herself to unrealistic standards

- Fears failure, judgment, or letting others down
- Overworks to feel worthy and secure

WHAT SHE REALLY WANTS



True self-acceptance

HOW COACHING CAN HELP

Helps her redefine success and selfworth

Builds self-compassion and healthy boundaries

Creates room for growth—not perfection