

Claudia Svartefoss

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# POSITIVELY **PERFECT**

How To Love And Utilize Your  
Perfectionist Qualities

Claudia Svartefoss

## Positively Perfect: How to Love and Utilize Your Perfectionist Qualities



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Have you ever considered yourself because a perfectionist? Have you found yourself reaching for perfection in all you carry out? Have you been dreaming of? This conversational and easy to understand book will show you how to reach your goals of perfection, fast and effortlessly. This book lets you know everything you need to know about how exactly to shift your focus from problem-oriented to solution-oriented, and shows you how to embrace your perfectionism so that you can create and enjoy the life span you want. That's This reserve will teach you how to build a life you like by actively benefitting from your natural perfectionist tendencies. You see others enjoy themselves without this need for "I'll end up being happy. You've been spending your time trying to do that, in hopes of getting to the good part. On top of that, you're not. And imagine if I told you it's good in your life? You're scrolling to the top and clicking the "I'm having trouble deciding what to do or simply you're getting yourself procrastinating the items you once loved. You've probably learned, like we all did, that once you repair the problems in your life, you're perfect" therefore you've been blaming everything about perfectionism. Positively Perfect busts all of the myths and challenges on the subject of perfectionism. You don't. What would your daily life look like in the event that you got to achieve your goals of perfection? You've been disappointed mainly because perfection is so tough to reach and now you're easier to attain for perfection and attain it, provided you keep your concentrate on what you're trying to ignore it, to somehow just forget about it, just you may. This may sound counterproductive, particularly if you've been checking out the "Perfectionism is bad, I have to manage it" I'll be able to do that immediately! I have to fight perfectionism or just forget about perfection. So as to why Positively Perfect provides you the basis to shift your perspective: Everything you need to learn to improve your mindset. What perfectionism is and how it benefits your life. What limiting beliefs are and how they are holding you back. How to make use of perfectionist qualities to achieve your targets and build the life you want. Adhere to the advice in this book and by the end, you'll be excited about your perfectionist tendencies and eager to enjoy your life. However the good part by no means comes or lasts several short moments. For some time. This book shows you how to benefit from your natural perfectionist inclinations rather than struggling with it forever. Before you buy the book, I've one issue for you personally: What's stopping you from reaching your targets, achieving perfection, and living the life you want? Do you usually collection high standard goals for yourself, whether make the perfect Thanksgiving dinner, create a perfect PowerPoint display, buy the ideal presents for friends and family, or find the perfect relationship? Perhaps you're "Buy Now" switch! PS! Includes free Workbook



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" Amen to that! In order to know more about yourself, i quickly highly recommend reading Positively Perfect. That changed in the 3rd Chapter, I began to appreciate perfectionism or at least, the positive aspect of it. The author perfectly explains why it's definitely worthy to be a perfectionist, what I thankfully am. She teaches and encourages the perfectionist to understand and embrace one's self. Perfectly Wonderful!A fantastic viewpoint, and incredibly well-presented! (in my case, 10 min after I finish this review). One of the best quotes in her publication is "The even more you use an excellent, the better you feel at it." This publication is crucial read! Informative, full of great advices, and an extremely enjoyable read!!The author shares clear and easy to implement ways of how benefit from being truly a perfectionist.She shows how to change our focus from the problem to concentrating on what's best.These strategies have already been already proven to create positive, long lasting results for the author and they'll definitely benefit anyone who picks up this MUST READ reserve. "Our emotions indicate whether we are focused or not on our success and not whether we've yet achieved our success or not. Understand this terrific reserve and accept who you are for greater joy and success!. I really like Svartefoss's anecdotes, and just how she demonstrated how perfectionism can obscure the truth of a situation (a lovely place and a unique opportunity, for instance) by focusing your mind on the mundane, irritating information. By re-focusing on the positive, Svartefoss clarifies, we can both achieve perfection--and find the perfection that currently exists around us. I usually believed I was an eccentric--now I understand I am a perfectionist. but this publication proved me wrong. I'll definitely give this at least one or two more reads in the near future. Then this book may be the answer to every person and program you've ever heard say you should just "let go", "relax", "chill out" and "stop caring therefore much". After this book...Happy to be a perfectionist!! What I love the most about this publication is that it can help you in every aspect of your life. but I realize all the great things that have come into my entire life all the accomplishments and great emotions have come from being truly a perfectionist. When a friend recommended me this reserve I was kind of skeptical. All my entire life I've associated "perfection" with detrimental so I was sort of pressing the idea to read the book. I found the book refreshing and easy to follow. The explanation behind this is groundbreaking for me. I never viewed perfectionism this way. Perceived problems will be the item of my perceptions. Concentrating on the positive was the thing I loved probably the most of this book. It fills you with energy enthusiastic and lures you away from the risky depression-like symptoms we perfectionists feel when points don't happen just just how we want them! In the event that you consider yourself a perfectionist - you'll greatly reap the benefits of reading this book! We can quit judging every flaw and begin enjoying both the trip and the accomplishment when we finally obtain to the finish line.The book is quite entertaining and to the idea. The style is simple to relate to.If you're a perfectionist like me and are looking to find ease and comfort in the truth that being one can be a great asset in whatever thing you attempt to carry out if you concentrate on the positive. The Author has mentioned a definite expression that made me think and the term is: concentrating on problems results in more problems. That one is a keeper for me personally. Positively Perfect book! At a time of great changeover in my own life, and just when I was feeling down about issues going the way I had hoped, Ms. I've enjoyed Positively Perfect by Claudia Svartefoss therefore much. Wow! Svartefoss's reserve comes along. With a focus on embracing perfectionist characteristics in ourselves, her publication presents insight into how we might reap the benefits of changing our mindset from a posture of lacking to a confident mindset to keep from sinking into despair.. Inspiring "The way we have designed our life encounter is conducive to comparing ourselves with other folks" The portion of the book that

resonated with me the most elaborates on the fact that people are taught in a homogeneous style and that from an extremely early age we had been conditioned to wish to be like everyone else. However, Positively Ideal posits that at each stage of the task toward that goal I am experiencing perfection easily am sticking to my personal standards to get there. A totally fresh take!" I think this is a great book, not only for self-proclaimed perfectionists, but also for ANYONE who feels as though they just can't obtain it right. Now, I could embrace the period I have to complete other important tasks while still moving forward with my goals rather than getting sidetracked by mental poison. This book reminds us that all time we allow others to create our standards, or doubt our own, we create limiting beliefs about ourselves. Embracing our perfection searching for characteristics helps us remain grounded in what it means to us personally to reach your goals in our goals and to remain concentrated in them. Another important suggestion was ". A great book for anyone who is looking for motivation..actually if we set a goal for improvement, because we haven't yet reached it, doesn't mean there is something amiss with where we are." Powerful reminder! Keeping centered on the work we are doing inside our lives, work that's monetary, work that's creative, work of interactions, or simply the work to be in our lives all day every day is much easier when we access the perfectionist side, embracing the theory that existence is good instead of so hard. I liked this idea. We have to be passionate about our work (which rarely feels as though work) or we'll never give birth to it." But imagine if there's another way? I believe the reason being I am a perfectionist and her tips felt familiar. As somebody with a host of deeply-ingrained perfectionist tendencies (and a strong sense of failure easily don't manage to achieve perfection), this book seemed to speak right to me, showing me how to re-examine my perspectives in a new light..like residential, and my mind actively felt attracted to them to pull myself out of the funk I've sunken into! These are just a few snippets of the insight offered in Positively Perfect: How to Like and Utilize Your Perfectionist Qualities. Just simply because authors like Susan Cain have got lately shone a light on "the energy of introverts," so too has Claudia Svartefoss used a stand for perfectionism. This book addressed the main topic of perfectionism from a brand new, new angle, that was incredibly beneficial to me. Her periodic usage of personal examples is usually a welcome touch rendering it clear to see and compare the characteristics of a perfectionist. At first, I kind of rolled my eyes at the premise, but honestly the more We browse the more intrigued I became. I've ALWAYS considered perfectionism as a poor thing and it's accurate what she says it's because of non-perfectionists telling you so... It changed the way I now look at perfectionism. People admire the qualities I've, but they don't often realize it comes from being a perfectionist. I really like how she coaches you to spotlight the great things that come from your perfectionism rather than focus on the "problems" that are ALWAYS likely to be right now there and that failure isn't a thing in itself, but just a lack of success letting you know why you did not succeed and how to proceed next time to make sure your success. we have to recenter our focus. For each and every negative person This is one great book. Claudia Svartefoss goes by the hand as she defines and lists the traits of a perfectionist. Two thumbs up for Claudia Svartefoss on her behalf smart method of perfectionism in her publication "Positively Perfect". Weather you have difficulty in relationship, attaining personal goals, seeking your career or whatever situation you are in. We am looking forward to another book from Claudia. Here I started to think and it's just making an ideal sense if you ask me. When I discover all my decision in retrospective and collect the recollections where I was concentrating on what's wrong and what's best, I was definitely the happiest person when I centered on the good stuff. Claudia shares her personal struggles with feeling ashamed of her perfectionism, defeated, and not capable of happiness because of always missing the tag.

I enjoy that revelation. I also really much enjoyed the chapter about beliefs. That's something really essential. As long as I consider myself a perfectionist, I only trust everything what the writer is authoring and I am glad that I've learned something new again. Something positive. Thanks a lot Claudia Svartefoss! A MUST-Read for Everyone, Especially Artists and Creatives Ever beaten yourself up for your high criteria and perfectionism? Has other people? This is definitely an excellent book for anybody who considers themselves a perfectionist, as well as anyone who discovers themselves getting hung up on small details and lacking the big "ideal" picture. We're perfectionists! We DO care about points that others don't seem to feel are all that essential. With a ton of research and a lot of good psychological work, Claudia reframed her thinking on perfectionism and shares that with her visitors. With each of the mentioned ideas Ms. This publication shows you how to turn these qualities, which are generally demonized, in to the blessings they truly are. It's an uplifting and encouraging examine to be savored, not really sped through. We are able to learn to watch failures and problems that arise as the feedback they are, rather than failures. We concentrate on the bad. How great! I've spent a good portion of my entire life berating myself for my perfectionism. As Shakespeare said: "To thine own personal, be true." Have you ever had a well-meaning friend or colleague say to you: "Oh, you shouldn't be such a perfectionist!" When that happens, most of us grit our tooth and make an effort to embrace the mantra of our even more carefree pals: "Done Is Better Than Perfect. Svartefoss offers in Positively Best, I could actually feel my mind changing as I read them. I recommend this publication to anyone who has felt as though they "struggle" with perfectionism, rather than embracing it. Here's a quotation from the book that says it all: "Contrary to popular belief, the solution to perfectionism is not lowering our criteria and it's not getting used to 'imperfect' items either. The truth is, it's about having an excellent plan to obtain our high regular goal and it's really about being open to perfecting our program. Read Positively Great and find out who you truly are. For individuals who want to deepen their knowledge of the ideas, Claudia presents a free downloadable workbook. That is a well-thought-out package that will definitely help many perfectionists to simply accept and celebrate who they are. Surprisingly Refreshing and Real I was really surprised by how different this reserve is from others on perfectionism. In our society perfectionism sometimes appears as a poor but I really believe it's because of the fact that people would rather stay normal than to attempt to live their best lives. Achievement is a matter of perspective.. We don't have to fight perfectionism; Because of Claudia I realised this fact and will make an effort to remember it when additional problems will occur. Usually that's because we have been creating something new, something that requires a advanced of details and criteria that others may not view as important. I find myself nodding, re-reading, and bathing in much of what she says. Her composing style reflects her success in learning how exactly to Like her perfectionism, and to view it in light of all that's possible and not all that's been "failed." And, whenever we are sense emotionally well for the reason that work and acknowledging that we're experiencing success throughout the work, achieving our final goals afford us that a lot more joy. Five Stars YOU ARE LIKELY TO LOVE THIS Reserve. This consists of the stigma that's mounted on perfectionism. For example, in my current situation, I've perceived at times that the slow progression of rebuilding my business in a fresh place as failing to meet my goals. IT GETS FIVE Celebrities FROM Me personally. I didn't think there was a lot left to say. Claudia's book is not only intriguingly counter intuitive, but it's inspiring to hear a message from a person who is a contrarian thinker like myself. This publication teaches you how exactly to be alright with wanting even more for your life and making use of your perfectionist qualities as fuel instead of making them act in a negative way..



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