

# WORKSHEET



A lot of dancers struggle with perfectionism from time to time. Perfectionism isn't always bad, but when you hold yourself to standards that you can't reach... it can detract from your happiness and your self-worth. And also increase your stress levels. Did you know that perfectionism is linked to anxiety?

**WHAT ARE SOME WAYS YOU THINK PERFECTIONISM AND ANXIETY ARE LINKED?**

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**WHAT IS AN EXAMPLE OF A SITUATION WHERE YOU HAVE THE FELT PRESSURE TO BE PERFECT? WAS THAT PRESSURE FROM YOURSELF, SOMEONE ELSE, OR BOTH?**

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**LIST ONE SITUATION BELOW WHERE YOU MIGHT BE ABLE TO LOWER YOUR STRESS LEVEL BY ALLOWING YOURSELF TO BE LESS THAN PERFECT. THEN, MAKE A PLAN WITH A FEW STEPS YOU CAN TAKE TO LET GO OF THOSE TYPES OF EXPECTATIONS.**

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