

# **Focus on Progress, Not Perfection**

**Monday conf call 7/11/11**

Tuesday Night Live - Dr. Steve Nugent 7:30 PM CST – Mannatech Corp

Offices or [www.mannatechlive.com](http://www.mannatechlive.com)

Travel Light with OsoLean special BP8 Promotion

Mannaquest - September 2-4

Congratulations on winners of Incentive - Keep up the momentum

Introduction:

- a. Why not perfectionist? dread making even the smallest mistakes  
Impact: dampens productivity, getting outside the box", frozen in the "known zone"
  - b. Focus on Progress instead  
Open for creative and innovative strategies, greater personal compatibility, build stronger relationships, flexibility to others beliefs/ideas, greater sense of satisfaction with happier disposition, less stress;
  - c. The following are 6 progress-oriented strategies you can use that will free you from self-criticism and increase your creativity, satisfaction and confidence.
1. There is no such thing as perfection in life
    - a. Perfection is not an oasis...it is a mirage.
    - b. Realize everything in this world is flawed, so we all merely work on improvement.
    - c. New emphasis allows you to draw some self-confidence from each little improvement as it manifests along the way.
    - d. As your confidence grows, so will your freedom of thought increase.
  2. Practice intelligent goal setting
    - a. Determine your ultimate goal, and then set doable, measurable goals at definite intervals on the journey.
    - b. At each interval, measure progress and adjust your sights.
    - c. Commemorate each interval of your journey...taking stock of where you are, and where you are going.
  3. At the end of each day, take an inventory of everything you have accomplished and celebrate.
    - a. Not just about bottom lines...but about upbeat attitudes, positive

- thought processes, kind words and generous actions.
- b. Most of us gain leadership skills, character strengths, personal insights, and communication skills during any given day, week, month.
4. There is real reward in enjoying and acknowledging your work without judging it.
    - a. Perfectionism often creates a cycle of procrastination...standard so high that you find yourself overwhelmed and paralyzed at the outset.
    - b. Exercise the same non-judgmental attitude toward others as well, regarding everything around you as a work in process.
    - c. Develop and maintain your positive vision of where you want to be and then have the patience to allow you work to come to fruition.
    - d. Quit making negative comparisons between yourself and others.
    - e. Rejoice in your associates' wins knowing you are in a league with winners.
  5. Give yourself permission to grow and to embrace missteps
    - a. Some of the greatest discoveries are the result of trial and error outright blunders.
    - b. If you stop making mistakes, you stop making progress.
    - c. Value the process...loosen up.
    - d. When you embrace mistakes as learning experiences, you can't help but grow.
  6. Never underplay your accomplishments
    - a. Banish any self degrading or limiting talk.
    - b. Acknowledge and encourage yourself and others around you as well.
    - c. Employ positive self-talk. Positive affirmations are to be read daily to ignite your passion to succeed.

***Success in any endeavor is like a long-distance run.***