

Transcription

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Video Link: https://www.youtube.com/watch?v=wRIOL0-jd9k&ab_channel=FilipinoVirtualAssistance

Coach Grace: Progressive Perfectionism

(Music)

Coach Grace: Hi there, my name is Grace and I'm the co-founder, owner and creator of Filipino Virtual Assistants. and today allow me to share with you a technique that will allow you to accomplish the things that you have been trying to complete probably from the last few weeks or months or probably even years it can be writing a book or publishing your first ebook or probably completing a portfolio or your online course. it may mean with freelancing or with other types of activity that we wanna go ahead and pursue and complete so we would be able to produce something.

A lot of us would tackle task with a perfection mindset that when we see things that we need to do its need to be done right away in a perfect manner that usually will not enable you to complete the things you need to do but will just put everything on hold because you will never be in a perfect situation to finish everything.

You need to adapt a mindset of progressive perfectionism that means probably doing a portion at a time on a consistent basis, it may mean in your online course it's probably taking one video at a time, one portfolio at a time, or one project at a time. it can be that when you are wanting to publish an ebook it can probably one page at a time or when you are wanting to write a book it's probably even just writing a draft for a few weeks and then the next few days your going to develop that draft. Whatever it may be it means that when you have the progressive perfectionism mindset you are doing things on a consistent basis no matter how small it is into perfecting the final output.

With this type of thought pattern you would be able to accomplish anything under the sun because you are not frustrated or stressed when it comes to and trying to complete everything in one setting in a perfect manner.

So try to go ahead and embrace progressive perfectionism and you will be able to start seeing things unfold by accomplishing each of your tasks.

That would be all today. I will see you again in the next video. I hope this is helpful.

God bless you all today.