S993

Outline

Excellence vs. Perfectionism

It's important to strive for excellence in everything you do. But what happens when excellence is no longer a goal but a demand? Before you know it, your best is never good enough. You are gripped by perfectionism, and life is a stress-filled attempt to meet impossible standards. Join Dr. Townsend and discover a healthy way to "do your best", while becoming content with "less than perfect."

Small group discussion questions:

1)	How have	you confused	excellence	with perfe	ctionism?	Do you	see t	he
dif	ference?							

2) What has this misunderstanding cost you?

3) In what area of life can you begin to make the shift to the freedom of excellence this week? Can you embrace failure as an opportunity to learn?