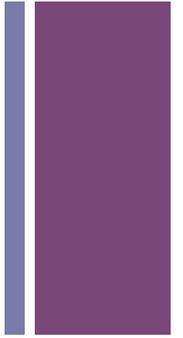


# The Reformed Perfectionist

Designing the Life of Your Dreams!

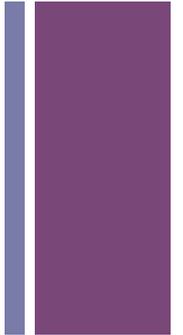
+

My name is  
Marcy and I'm a  
reformed  
perfectionist!



# + What is Perfectionism?

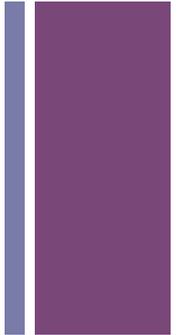
- Being entirely without fault or defect
- Satisfying all requirements – accurate
- **Faithfully reproducing the original (hint, hint)**





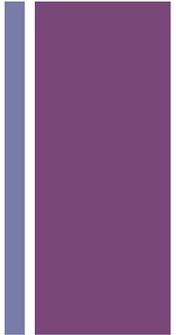
# Perfect world?

- Hashem created the world with a plan
- The world is perfectly imperfect – it's left to us to co-create with Him to perfect it
- **Faithfully reproducing the original**
- What is our role? How do we fulfill OUR purpose?





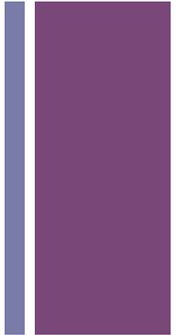
# Coveting what others have



- Rabbi Yerachmiel Fried and Rabbi Noam Gross:
  - Most of the commandments are straightforward – don't kill, don't steal, etc
  - The last one is very different
    - “You shall not covet...anything that belongs to your fellow”
  - How can we be commanded not to “want” something?
  - The answer lies in the first commandment, **“I am HaShem your G-d”**
    - Acceptance
    - Emunah/Belief that Hashem is in Charge
    - Hashem is our Personal G-d
    - Bitachon - Trusting that everything in the world is meant to be exactly as it is, including you and me



# Acceptance



Are we satisfied with what we have?

Do we think we deserve more or better?

**In striving for Perfection, are we focused on our own development in relation to Hashem or in relation to others?**

Example of the Manna - Hashem gave us just enough for our needs - if we took too much, it became wormy.

Lesson?

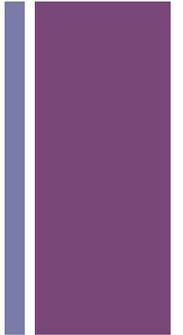
Ongoing Fundamental Question: Who are we serving?

**Serving ourselves or**

**Serving Hashem**

# + Perfection = Control

- Perfectionism comes from trying to CONTROL the outcome
- Hashem is in charge of the OUTCOME – there is a DIVINE PLAN and we are supporters in making that plan a reality
- Hashem gave each of us specific circumstances, skills, experiences and situations that are designed specifically for us
- We can **NEVER BE SOMEONE ELSE!**
- We are NOT expected to live someone else's life
- Don't COVET what others have – in things or achievements – focus on your corner of the world and what you can do to PERFECT that

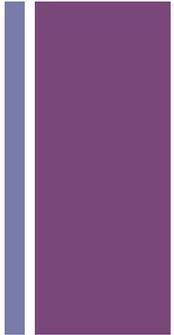


# + Perfection vs Excellence

- Procrastination comes from perfection – we want to control the process and the outcome and we get overwhelmed leading us to do NOTHING
- Instead, take one step at a time...move forward toward EXCELLENCE

**EXCELLENCE IS the quality of being outstanding or extremely good**

**Be the best YOU there is! Not versus someone else, but in reflecting Hashem**

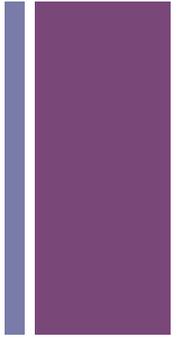


Sally's Baking Addiction

# YOU ARE NOT A PRETZEL.

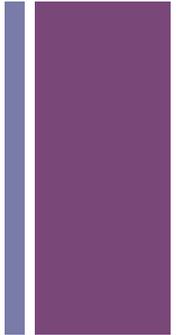
**DON'T TWIST YOURSELF TO FIT INTO WHAT YOU THINK PEOPLE WANT YOU TO BE. JUST TO MAKE THEM HAPPY. WHICH THEN MAKES YOUR SOUL FEEL ALL TWISTY-LIKE. ACCEPT AND LOVE ALL YOUR QUIRKY ASPECTS. MAKE YOUR SOUL HAPPY.**

# + Appreciating Your Unique Gifts of Life

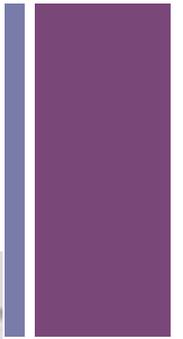


# + Designing your life

- Stop comparing yourself to others
- You have a UNIQUE mission that can't be done by anyone else but you
- Design your life vs reacting to it
- Have a PLAN and GOALS and you will achieve your own GREATNESS!
- HOW DO WE KNOW WHEN TO KEEP STRIVING AND WHEN TO STOP?



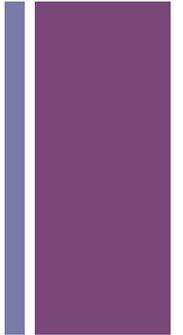
# + Our Tikkun





# Start with the end in mind...

## LEGACY

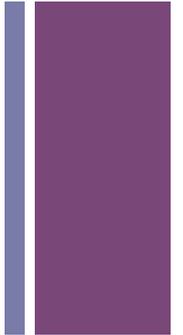


- Start living your legacy today!
- When you're gone, how do you want to be remembered?
- How will you stand before your Creator and explain how you lived your life?
- What was the ROI on the investment Hashem made in you?



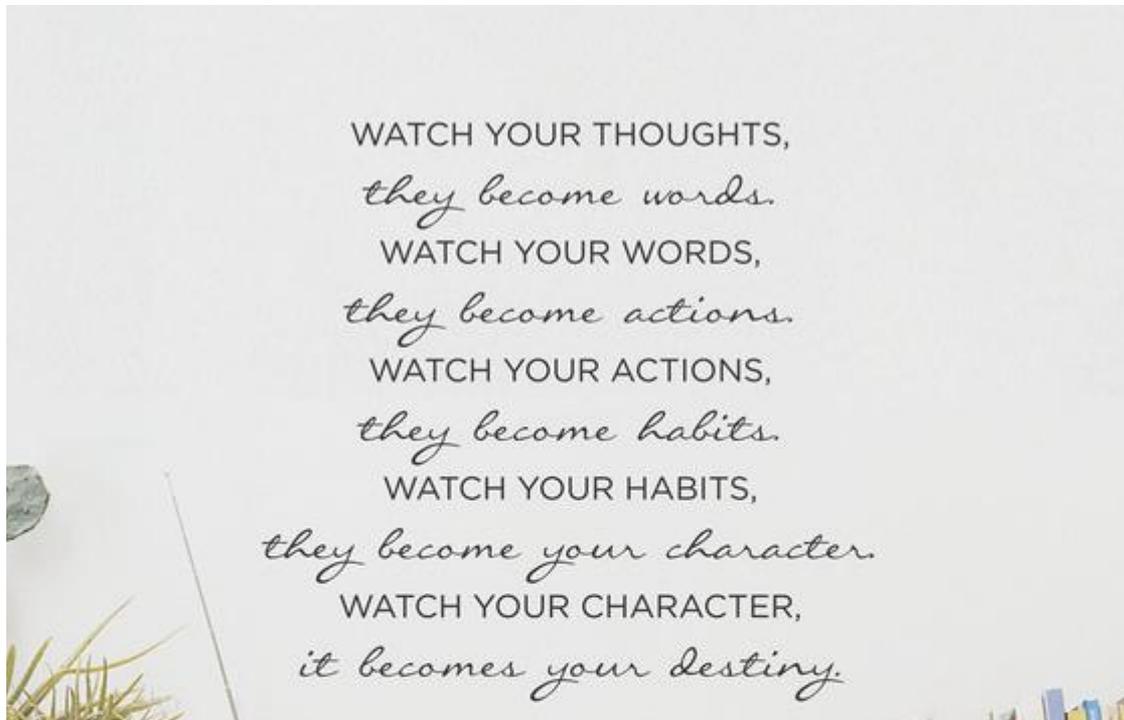
# Deep Breathing!

- Thinking about our legacy is heavy stuff...
- I'm already hyper-ventalating!
- Let's learn how to breathe...slow and deep and stay in the moment
- To relax our body using two mindfulness techniques
  - 1) Body awareness – top of head to bottom of feet, just notice and relax each part from head to toe
  - 2) Breathe – as you breathe in, imagine the Light of G-d bringing you healing and peace. As you breathe out – imagine all the Carbon dioxide and garbage from your cells, your past hurts, your disappointments, your shame, your pain...flowing out of you to be neutralized and evaporated on the wind (we don't want to just push it out so it can land on some unsuspecting soul). We want it dissolved



# + Purposeful Thinking

- Now that we've slowed down our breathing and our bodies are relaxed, let's turn to our thoughts

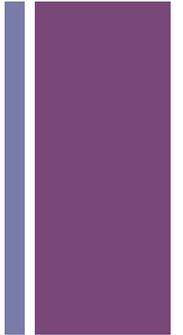


# + Designing your Life – 8 Key Areas

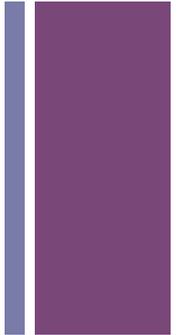


# + Chesbon haNefesh

- Rabbi Eli Mansour – taking Inventory
- Take each of those key life areas, on a scale of 1-10 – where are you now? Where do you want to be?
- **Faithfully reproducing the original (hint, hint) – how can I elevate these areas of my life to be more like Hashem?**
- What areas are priority in order for you to feel you've used your gifts and talents wisely
- What does EXCELLENCE look like FOR YOU?– describe it in detail using all 5 senses
- What are some actions that can be done to get there?
- What resources do you need (people, time, money)?
- What is the timing of the actions to be completed?



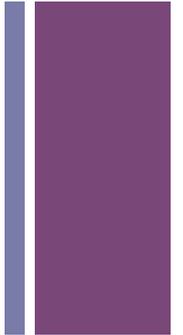
# + SMART Goals



- S = Specific
- M = Measurable
- A = Achievable
- R = Realistic
- T = Timely



# The PERFECT Plan



- Now put pen to paper and write it down
- Schedule time to take ACTION on your growth plans
- BUT! Remember...life is Dynamic and ever changing ...
- Your PLAN will CHANGE...It is always PERFECT in that you are working on improving yourself, your service of Hashem and your piece of the world
- There is no such thing as Failure – there is only FEEDBACK. If something didn't work, it wasn't meant for you or meant to be in that way – what did you LEARN from it? What will you do DIFFERENTLY in the future?

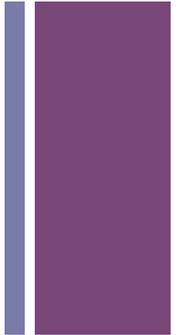


# Final thoughts...

- Hashem doesn't make mistakes
- You are exactly where you are meant to be,  
**right now**  
**in this time**  
**in this way**  
**in this circumstance**  
**for as long as it lasts...**

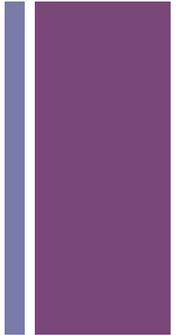
Enjoy the moment – remember to breathe – and be the fullness of all that you were created for.

That's PERFECTION!





# To Learn More



- I will be running a multi-session program to work through this in much more detail.
- If you're interested, please contact me at

[Marcy@BinahConsulting.com](mailto:Marcy@BinahConsulting.com)

Thank you!

