

Exercise Two: Overcome Perfectionism

Rather than creating one perfect thing, success is actually a series of small failures that lead you somewhere better than you could have imagined. The practice of sharing imperfect work builds up resilience, your ability to handle fear, and your comfort dealing with and learning from the truth.

1. Pick a Piece

Pick a piece of your work that's not perfect. It should be far enough along that all the pieces are there, but not final or polished.

2. Share Your Piece

Share your imperfect piece with three people, framing as an exercise for a class or request for feedback. For a range of perspectives, choose one person who falls into each category below:

	Name:	Feedback:
A professional in your industry		
A friend		
A colleague or potential collaborator		

3. Collect Feedback

Jot down their feedback, positive and constructive, above. And even more importantly—celebrate this small victory over perfectionism! What did you learn from realizing it's not that bad to send something that isn't perfect? Make a note below, and then share your experience on the class discussion board.