



Transcription

Prepared by : Sitti Asiya Estoso

Video link : <https://youtu.be/wRLOLO-jd9k>

Coach Grace : Progressive Perfectionism

(music)

Coach Grace: Hi there, my name is Grace and I am the co founder, owner and creator of Filipino Virtual Assistance. And today, allow me to share with you the technique that will allow you to accomplish the things that you have been trying to complete, probably for the last few weeks or months or probably 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 you wanna go ahead and pursue and complete, so we would be able to produce something.

A lot of us would tackle tasks with perfection mind set that, when we see things that we need to do right away in a perfect manner, that usually will not enable you to complete the things that you needed to do but, will just put everything on hold because you will never be in a perfect situation to finish everything. You need to adopt a mind set of progressive perfectionism, that means probably doing a portion at a time on a consistent basis. It may mean in your online course, probably taking a video one at a time, a portfolio at a time, or one project at a time. It can be that when you are wanting to publish an Ebook it can be probably one page at a time or when you wanted to write a book, it's probably even writing a draft for a few weeks and then the next few days you are 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 tough pattern, you would be able to accomplish anything under the sun, because you are not frustrated or stressed when it comes to 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 and fold by accomplishing each of your tasks. That would be all for today, I will see you on the next video. I hope this is helpful. God bless you all today.

(music)