

# Episode 56: Running a successful business with perfectionism with Sam Dhu

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Welcome to the Rachel Kurzyp show. I'm Rachel Kurzyp. And my mission is to help you build a business that supports your multi passionate lifestyle, create content with confidence and clarity, and launch profitable signature services and products. It is possible to blend who you are with what you do, and gain financial freedom while still making a positive contribution to the world. I have helped over 3000 people across my workshops and programs become respected and successful leaders and creators in their community. I know you have big dreams for your business in life. So are you ready to be seen and heard? In today's episode, I'll show you how to make it happen.

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In today's episode, I'm speaking with my good friend and incredible human Sam Dhu. Sam is a positive psychology life coach and a psychotherapist with six years of university qualifications, Mama to a beautiful five year old and a passionate advocate for living an inspired life with over 15 years experience supporting women from all walks of life 1000s In fact, it's Sam's mission to support women to own their worthiness and uplevel their dreams and business. Sam supports women to give themselves the permission they are craving permission to stop people pleasing, drowning under a mountain of pressure and guilt saying yes when we want to say no, and permission to start experiencing more joy and rest living from a place of courage, being unapologetically and bashfully holy you today we are chatting about perfectionism and strategies you can put in place to live a more joyful life. I just know that you're going to get so much from this conversation with Sam. So let's dive in. I am so excited to talk about this topic today. Because I am definitely perfectionist. And this idea of perfectionism is pretty much something I talk about, sometimes daily with my clients. And I know it's quite a hot topic at the moment in the online business space. So Sam, I would love for you to start us off with by sharing your definition. What is perfectionism? Well, I think perfectionism isn't just having high standards, because having high standards can be a great thing. But perfectionism is when you have high standards, and you can't be flexible with them. And so basically, you refuse to accept any standard that's short of perfection. I love that definition. And it's so simple, because I think a lot of us are saying that were recovering perfectionist, but that is not necessarily true. So what are the signs of perfectionism? Like, how does that play out in people's daily lives and houses, perhaps different from being a high achiever and having high standards as you shared? Yeah, so I guess the way that you could maybe have a sense that you struggle with perfectionism, or that it's a problem in your life, is when you're unable to be flexible. So let's say that you've got really high standards, and you always do something a certain way in your business. Or you always do something yourself in your business. And then maybe a like, you know, shoot hits the fan and your life, you know, there's maybe a crisis in your personal life and lots of stuff going on, and you don't have time to do it perfectly. So a perfectionist would maybe then go, Well, I can't do it perfectly, so I'm not going to do it at all. Or they might push themselves and work until 3am to do it perfectly. Or maybe you've got a team member that wants to

help out, but you just think they can't do it good enough, so you won't let them do it. That would all be signs maybe that you're struggling with perfectionism rather than just high standards. Because someone who's got high standards, but isn't a perfectionist will be able to step back and go, You know what, like, I'm going through a really rough time. So I'm just going to do a good enough job this month, and that will be okay. I think there's this beautiful, I think it's a Buddhist quote, that which doesn't bend breaks. And that really applies to perfectionism. It's like, are you able to you've got high standards, but are you able to be flexible when life changes?

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I love that. Like, quote, I think I've heard it before. Maybe I've been told by my own therapist, like that resonates with me. And as someone, like I said, who has perfectionism I've, I can totally relate to that like wanting to get everything perfect so that I wasn't judged, or so that someone didn't look and think that I was maybe not good enough or didn't have the expertise. And then I would work to all hours of the evening, even in my corporate job, or I would believe you know that no one else could do it, as well as me. And so I had to do it a certain way, or I'd get frustrated, if I did hand tasks over to other people. And they didn't do it my exact way. And it's taken me a while, and particularly being a manager, that was not a good trait to have. But it's taken me a while to like, realise that now that's like, good enough, is fine or good enough is great. And even though I have extremely high standards, a lot of the time, what I think is like 90% is like 150 for somebody else, or my client is just so like, over the moon with what I've got, I realised that I could actually, by pulling back a little bit, I could serve more people, I could create better results, I could do that for longer, and also had still had time for myself and to take care of myself. And I think that's why a lot of my clients come to me because all of these kinds of tendencies are really leading to things like burnout and frustration and exhaustion. Do you see that with your clients too? Yeah, I think perfectionism can kind of show up as avoidance. Like I see a lot of women who avoid, you know, so they don't post they don't show up on social media, they don't put offers out there because they don't feel quite ready or like it's quite perfect. Or the polar opposite of that is burnout. You know, like overdoing it like yeah, pushing, pushing, pushing always to be perfect. So it can kind of show up in a few different ways. Are there two different types of perfectionist then like the one that does do more, the burnouts, the pushing, and the one who does the, like avoidance kind of situation, because some of my clients I would say would fall into one camp or the other. And some people I talked to really think perfectionism is more the wanting everything to be perfect doing a burnout, and maybe don't recognise that when they're avoiding doing things through fear of failure of like I say, consistency consistently means the same method, like you said, the same process exactly the same time. So if their podcast has to go out an hour later, they're just not going to do it at all, like, and then avoiding the whole, like creating the podcast, the whole strategy until they've got literally nothing to work on. Because it can't be done a certain way. Like, would you say there are two types. And so therefore, we should recognise which type we're in. I think it's more that anyone who is a perfectionist has a lot of rules about life and how they need to show up. And then the behaviors could be different. So for some people that will be well, I'm going to avoid, you know, I can't do my assignment perfectly. So I'm just going to go watch TV today instead. Oh, yeah. So they might be like very avoidant of it, or they might be very, like, yeah, take action and push themselves, but it's still perfectionism. And also, you could be a perfectionist. And at one point in your life, it shows up as you overworking added another point, it shows up as you kind of not doing anything. So yeah, that's really good. I didn't actually know, you know, those two situations were the same thing and that you could

change over time. I know, for a lot of my clients, me included with the pandemic and being in lockdown, our behaviors have changed. And so that's really good. I think for a lot of listeners to recognise that, you know, things could be their behaviors or rules could have changed, and things might look a little different, but maybe the heart, what's keeping them stuck, or this idea of perfectionism is still the same. So I would love for you to share your journey with perfectionism. And would you mind sharing some key moments for us, perhaps how you recognise it and work through it? I think that would be really helpful for listeners.

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Yeah. Okay. So I think, for me, my perfectionism kind of comes from a place of not feeling good enough. So it's like, I grew up with quite low self worth, and you know, had this really deep belief that I wasn't good enough or that there was something wrong with me. And so myself and this is very common for perfectionist kind of built these rules of like, well, if I'm perfect in my job, if I'm the perfect daughter, if I'm the perfect partner, if I'm the perfect mother, then I am okay or I am good enough. And that rule was kind of there to protect me from you know, not feeling good enough. And when everything goes perfectly and you can show up perfectly, which is let's face it pretty rare. I felt okay about myself, but whenever anything went wrong in my life, yeah, that would really, I guess, trigger a lot of anxiety, a lot of low self worth and things like that. I'm trying to think of like, like one more recent example, I guess is where my daughter was born and she was really underweight and I had a lot of trouble with breastfeeding. Yeah, my perfectionist just I was like, so determined to fully breastfeed her. Now I look back at it. And I think I wish I'd cuddled her more and like maybe just, you know, continue to try breastfeeding, but not made it such a big deal in my head. But that's the I think, for me as a perfectionist, I'm very all or nothing, it's either perfect or I've completely failed. There's a lot of middle ground. I'd say with my business, perfectionism shown up in that when I first launched my business, I was so scared of like choosing what group I was going to work with, like my niche, I was so obsessed with getting that right with getting my pricing right with getting everything right that I probably wasted a year, procrastinating. On getting it all perfect. And then once I started launching and building my business, of course, I learned that you constantly responding to your community and learning and you know, where I started off like my knees started off with like self care for women and mums in business. And now it's completely different area. So my Yeah, I guess one thing I learned was like, Don't spend months trying to get the perfect niche and the perfect website and the perfect offer, because probably in three months, you're going to change it anyway. So yeah, so I think I'm like what I would call a recovering perfectionist, like I'm still, it still shows up in my world, but I'm much more aware of it now. Thank you so much for sharing that part of your story and journey, I can totally relate to that. I think I am a recovering perfectionist too, because I don't procrastinate anymore. And I trust myself to make a decision and to take action, knowing that it's going to be imperfect action. And something that I teach a lot of my clients, and maybe you can relate to it, too is that for many of us, I think particularly me as a perfectionist as well actually get clarity through doing. Yeah, and a lot of the time when I was trying to create something, you know, that was perfect before talking to people before putting an AI idea out there for testing it myself, like, you know, does it make me feel good, I would sit there with just basically a fantasy trying to write this fantasy that none of us can live up to me included. So now by like, knowing that I'm going to take imperfect action that it's going to be good enough that I'll get clarity through doing it is just so freeing. And I think of everything I do from a piece of content to an offer as like one part of my story or one component as opposed to the be all and end all like if I don't put this post out. If it is not

amazing, I won't get clients or the offer won't work. And so seeing it more is just like an ongoing story. And I think that has really helped me with my perfectionism too, because like you said, a lot of my clients are the same, trying to like get this perfect niche when they've never run a business before when they're just learning standing the concept of a niche. It's impossible. Like you can't, you can't get that. And then it's meant to be a gradual process. And I think a lot of the time in business, we see a lot of black and white, you should do this or do that. Or it has to be like that, or it won't work. And I just don't think that that's true. And I think it can trigger a lot of our perfectionism because we're told we have to do things one way or the other. Do you feel like that's true?

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Absolutely. I think business can trigger a lot of unrealistic standards and expectations. You know, like, there's all this marketing around, you know, like building a six figure business in three months. And like, yeah, it just, they make it all look so perfect and so easy. And then for most people that I work with, like businesses messy, and you need to be patient, you need to have trust and like determination to not give up when it doesn't go well straightaway, like, so if you have this idea, like these unrealistic expectations of yourself and your business, then it's going to be really hard to stay in it for the long yards. So, yeah, which I think is why many people end up quitting or leaving because their idea of what it should have been like, is not the reality. And therefore they think that they have failed. So many of my clients have come to me at the point where they're like, this is it, I've got it like I've got to quit unless x y Zed happens. And then when we sort of uncover their perfectionist kind of tendencies where these ideas are coming from it normally is like I said, this sort of fantasy, we've created all these expectations that have been put us externally and we realise they're actually doing incredibly well. Yeah, but we don't see that and I know me personally, for the first couple of years, my business just working so hard. I was the only one really in my friendship group that had a business and then end up speaking to a few friends. I just remember the moment they're like, Rachel, you do realise the money you're making opportunities you're getting like That's incredible. Most people don't get that. And just a hit me I realised that I've been telling myself I've been failing for like literally years and statistically, yeah, I was doing incredibly well and then based on my goals I was and based on, like friends and peers and stuff, thought I was killing it. But inside, I was just telling myself, I was like a failure over and over. And I think if I hadn't had that conversation with me, I don't know, if I would have kept going, or I must, I probably would have hit burnout and a whole lot of things before I kind of really carefully calibrated and I'm so glad they did that. Do you find it's useful for your clients to maybe have someone like us like a coach or a friend to actually say back to them, perhaps how incredible they are? Or what's really happening so they can see perhaps, where their views are vision limiting? Yeah, like I love to teach the women I support how to do that themselves, like because it's like what you were describing was a mental filter. So it's like your business was having all these wins. But and this is very common, my brain does this to your brain was filtering it all out all the good stuff, and only taking in the stuff that you thought wasn't good enough. And I think it's so easy in business, we're always thinking about the next thing and the next thing and we don't celebrate actually what we are doing well at. So yeah, I really love supporting women to just celebrate every single little win. Because it's actually retraining their brain to like, notice the things that they're doing well at that, yeah, friends, group coaching experiences, masterminds, one on one coaching, all of those things help with that. I love that about celebrating wins, I used to be like, Oh, I don't need to celebrate this. And I just never celebrated and like anything in my life. And it's like you're sick, moved on to the next thing, you know, running through, like fear. And that not being good

enough. And it wasn't till I started celebrating all of my wins, like you said that I really felt like I retrain my brain. And now I can see when it's kicking in and only showing me negative and even when it is I say, what is actually going well, like what is was happening? That's great. How is that actually, you know, being reflected in my daily life, maybe it looks slightly different. And I now actually go searching for the good things. And over time that got easier and easier. So I would love to dive in a little bit more onto this idea that self worth and perfectionism intertwine. Because it makes so much sense, I can see how my lack of self worth really has triggered a lot of my perfectionist tendencies about externally fitting in about having to do well so I can be like rewarded so that I feel like I'm good enough. Can you share why this is?

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Well, and I think it's always important to say, especially on podcasts and things like that, like I'm not saying it's a blanket rule that every perfectionist has self worth. But it's just something I've noticed in myself and a lot of the women I work with it yeah, so everyone's different. And that what underlies, I guess it's what underlies the perfectionism? Like what's driving it? Is the question to ask yourself, in my experience is often a fear of not being good enough or a sense of not being good enough. And I guess it makes sense. If you feel like there's something wrong with you, or I'm not good enough that you're going like that's a pretty vulnerable space to be in, isn't it? So if you build this perfectionistic kind of life around you, it protects you from that. But what I always say, because I work a lot with women around self worth is like we are actually born worthy. Everybody, every human being is enough and lovable and we don't actually have to achieve anything to be that. But we all have stuff that we've learned in our childhoods and in our lives that we have to unlearn to be able to accept that about ourselves. That's an important lesson for life and business. Like I said, something that I've had to keep coming back to and working through myself. And I'm the first one to admit that. And I think, you know, if I go like to some of the hard days in business or for making big changes, the first thing I think is like, I'm not good enough, this isn't going to work for me, I can't make this work, you know, what's everyone else going to think I can just see myself go straight to this idea of self worth, and why I can't do something or why it won't work for me all I can see my brain start to list through which is also anxiety, all of the possible outcomes and all the possible things I can do to like reduce risk, which is helpful in a lot of situations. But then, you know, I stopped myself before it becomes more of a loop that I get caught in and I think for a lot of my clients and you said that it's the same for yours too. Like when it comes to business, you do need to be vulnerable. You need to show up and say what you think and for a lot of us we feel like if we're not making money or getting opportunities or getting likes on Instagram posts that we're not worthy and always having to come back to that to like, like you said, we are worthy. We are capable, you know we can be loved. We are incredible. We can serve even if that point in time our business is isn't giving us what we think it should? Or what we hoped it would? Yeah, exactly. It's so dangerous to tie our self worth to an outcome because we don't have control over that outcome. Like, if you tie yourself worth to the Instagram algorithm like you're, yeah, you're going to be feeling pretty horrible this year. Right? Because Instagram's not been an easy platform to navigate, you know. So yeah, tying yourself worth to anything is really dangerous. But also, I think, perfectionist, we kind of have a skewed perspective on our work. Like I have had a really crazy year this year, I'm pregnant, our house renovation has been so delayed, and my energy and my mood has just been quite flat and blessed sometimes. And there have been a few episodes of my podcast where I have recorded it and gone God that was so shit, like, I just did such an average job. And then I thought, You know what, I'm just going

to put it out there anyway. And then I got the most amazing feedback. And people go, Oh, my God, that podcast was so helpful. And I'm like, what you know. So it's also remembering, like, what your perfectionistic brain is telling you isn't true. And the only way that you get to test that out is by putting out imperfect work, and seeing how people respond to it. So that's a bit of an example of how my brain works. Sometimes when I'm, I'm creating stuff, and I think, Oh, this is pretty average. But I put it out there anyway. I love that I do that all of the time. And how frustrating is it for the perfectionist brain when you like, literally create something you're like, I am so goddamn good. This is the best thing I've ever made. And crickets. Yeah, the thing you're like, Oh, I was like, kind of like, for me. I've recorded podcast episodes with migraines. So I've like, stumbled on my words. And I'm like, Oh, God, should I re-record as like, I don't have time. Yeah, whatever, put the episode out, I got so many lovely responses. And I just think like, Damn, you perfectionist brain, if I listened to it, I would have re-recorded it, maybe it wouldn't have had as much feeling of vulnerability, which also I think my brain does. If I have any ounce of vulnerability, sometimes that's when it thinks it's not good enough, when really that's what people are connecting with the most. So how frustrating is that? When you think something's going to go really well, and something else goes better. And it goes to show that you're right, that the filter in our brain is not always accurate. And the more that you become self-aware and understand this, you know, seek therapy or professional help, if that is suitable to use to really understand how this is playing out.

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Yeah, definitely. And I think you kind of have to test it out. And it's a bit it's like vulnerable to do it. But yeah, to just see, you know, what happens when I put this out there. Is it as bad as I think it is, for me, because like a big part of my business is really inspiring and empowering women. So I've got this thing that I need to feel great to show up in my business. But this year, I haven't felt great for most of the year. But I've just shown up anyway. And it's like, okay, just because you're having a bit of a flat day when you record a podcast doesn't mean that someone isn't going to get something out of that podcast. And that's something I've worked on with my business coaches, like, just because something feels bad doesn't mean it is bad. And I think that does come back to my perfectionism too. Like, I want to feel good and happy and energetic all the time. And that's obviously not realistic at the moment with growing a baby and renovating and all that. So perfectionism can come into your emotions as well like wanting to be happy all the time. You know? Can you relate to that? Definitely, yes, you're right, because I try and lean into feeling good. And I've been listening to my feelings and yeah, in my body a lot more. And I will have, you know, phases where I work like 12-hour days, I'm just loving it, or ideas come to me and they just seem so great and kind of just pour out of me. And then other days, it feels like I'm, you know, pulling my hair out. And I think oh, why can't you write like you did yesterday? Or why isn't this happening? Like it was last week. And you're right it is to do with emotions, like I meant to be switched on all the time. And in some ways, the pandemic has been good for me because it's made me realise that I could create content, even when the well was literally like falling down around me and I was quite ill at service to my clients and community even noise kept showing up. You know, because of all the systems and processes I had behind me in the team, but also because I worked through my mindset where I was like, well, you can only do one post this week, Rachel so you just going to show up, and he's going to share it however you feel and then I would feel good afterwards, knowing that I took action and was working towards my goals and didn't let my mindset or my emotions prevent me from doing what I knew that I wanted to do. So kind of on that note, then what are some steps that we can take to work through our perfectionist tendencies so that we can have a more joyful, peaceful life

and a thriving business Yeah, okay, so one tool that I really love is like, if you get out a piece of paper and you draw a line through the middle of the paper, like a scale, and on one end of the line, you put perfect, you know, 100%, perfect. And then the other end, what's the opposite of perfect, like, you know, really crap or, you know, bad or whatever you want to call the opposite of perfect. And when you're doing a task, like practice actually moving through that scale, and seeing if you can drop so if you're in your head, you're like, it needs to be 100%. Perfect. But what if I dropped it down to 80%, perfect, or 50%. And, you know, just practice using that scale throughout the day. The next thing is to ask yourself this question, like, how can I just do a good enough job today? Instead of a perfect job? You know, because, yeah, I think the like, the pandemic has been very traumatic. And like some people, you know, they've just had to do what they can to survive. And that's okay, like, that's you being a human. If you try to be perfect during that, like, you know, you're just going to feel really unhappy with what you're doing. So just asking yourself, like, how can I be compassionate with myself today? How can I give myself permission to just do a good enough job. And then that idea of imperfect action, or I like to talk about follow the plan, not the mood. So like, if you're having a crap mood, you feel like something's not good enough, but you've planned to do it anyway, that's what I do with my podcasts. Okay, I plan to do it, I'm just going to record it. And I'm going to put it out there, and trust that someone will get something out of it. So I like to talk about Yeah, you know, writing down a plan and doing it even if you're not in the mood, even if it doesn't feel

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perfect. There's such great tips and things that I teach in realising that things that I do as well, particularly with the line like I really was issue being like, what can I do just to get content out there and it was sometimes repurposing content that was moving me towards my goal, even though I didn't feel like creating content, and I was happy with that. So it's like, well, the posts like everyone loved that six months ago, they're going to love it again today, they won't even know that I've repurposed it and it means I follow through and everything and then I'm going to show up you know, talk to that piece of content so it takes so many of the boxes but you know, on that line Yeah, would I have wanted to create a new like kick ass like stand up piece of content? Yes, it I've like to, you know, show up with new images. Yes, like I could list all the things that I would ideally want to do and really excited but I felt like the exact opposite and it still worked so well for my business, I still have successful launches, was getting clients, everything was still going fine. And again, that just really proves that you can just take like you said imperfect action and follow the plan. I love that even when your mood isn't Yeah, match to that. That is so powerful. Yeah, I mean, it's always you got to balance that out with that's probably something I say to a lot of the women I work with really fun procrastination a big issue. So we use follow the plan not the mood if you're burnt out and you're like really worn out then you probably don't want to use follow the plan not the mood, you actually need to listen to your body and you know rest so it but it's a really good tool for procrastinators where the perfectionism is stopping them from taking action. Like one thing I noticed in a few of the groups that I run is like we always do like introduction videos, like welcome videos, and we had this really interesting q&a about perfect perfectionism came up. And then so many women were like, oh, yeah, I haven't done my introduction video, because like, I'm a perfectionist. And it was so interesting. I just assumed they hadn't done it because they'd been busy or, you know, but we so we got them to do them live instead of pre recording it because for me doing a live video is so much easier than if I pre record it. I'm going to like do it over and over again. So like, right, new rule, like all the intro videos are just lives. And it really helped them because it was like,

Well, yeah, I'm going to do this, even though it won't be perfect because it's live life. That's okay, so that is so good. That makes so much sense. I would rather just do live then do record a tree, even though I wouldn't go back and record myself over and over unless I say something like absolutely terrible. The same as my podcast episodes. I read them through once. And that's it. Yeah. And I literally asked the editor to keep the stumbles in, not bother editing them, because they just don't care. Yeah, what's it really like real? So yeah, I love that idea. I mean, maybe this is also, you know, before we wrap up a good way to actually have people think about the ways they want to show up and if it is as simple as you feel more comfortable when you're not live. So you record that video once and then upload it to Instagram as opposed to doing live or vice versa. Whatever kind of serves you it's worth a lot more and to not do you know, one way or the other. But if you're a perfectionist one tool I'd say is if you prefer to pre record, give yourself a time limit Like, don't if it's a five minute video, give yourself 10 minutes or something like that. Don't let yourself spend an hour, you know, I've gone down that hole of like, okay, I'm just going to do this one, you know, interview or five minute video or something like that. And then yeah, spent an hour recording it over and over again, which is why I prefer to do live. But if you really prefer to pre record then setting a time then it's really helpful for perfectionist to and just like whatever I get done in this time will be good enough. Yeah, that's what I suggest to my clients. Pitching. They write the pitch at once and they said they don't even reread it. Check for spelling mistakes. I was like, yep, you know, there'll be if they glaring ones that would have been like notified on your email. Otherwise, just do it. Because then sitting there rereading, rereading, start editing. And then before you know it, you have nothing left because everything's terrible. you've deleted it all. So yeah, timely was a huge and I've been setting a lot of time limits for myself, this year, even though I know I'm pretty good just to keep me on track. And so it also helps with the burnout because like, I have three hours today, I'll get whatever I can get done three hours, and I close my laptop and work way. So it serves me in so many different ways. That's another takeaway from this maybe time limits can be your friend. Yes. It sounds like he knows so many tools for perfectionism already, like you've really developed your own and yeah, you've got your own way of working with it. That's great.

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Yeah, I've like literally had to adapt pretty quickly with business because there's no external pressures really, like there's no one saying, Rachel, where's this document? There's no lunch breaks? Yeah, there's no 5pm Knock off. There is no one asking me on the spot to do anything like Do you want me like you give them that she just sit in your head and go around and around and around. I think that's what's happening to so many of my clients, and maybe yours too, which is why we said, you know, having groups that you can come to having a coach having peers, friends, partners, people that you trust, to kind of help you when you get into some of these spots to help you move through them is so important because I another part of my sort of, you know, story was I have to do everything by myself. And so that with perfectionism was just like a disaster, right? having to relearn first that I don't have to do everything myself, then freed me up to ask for advice. Like I said, having that conversation, my friend who's like you're killing it, Rachel, whatever, I would never have asked that before because that was vulnerable. I didn't know what that friend was going to say. So to do that first, yeah, yet, sort of understand my perfectionist tendencies to then work on them. And then to start taking action through like abundance and love and joy, as opposed to taking action through fear and not being worthy. So for me, it's been a huge journey. And now I'm really fortunate, and really grateful that I can support my clients in this space, because I can see how some of the tools like you shed Sam and I've shared can

really help just alleviate a lot of the stress and anxiety and burden that we don't realise we're COVID carrying around this huge backpack is full of crap we're carrying around every day, we sit down to work, and it's just dragging us down. And I never want my clients to feel like that. I think that's so powerful. And you know, what's interesting as well is like, I think when you're in small business, you don't have the same container that you have as an employee. So like, there have been times this year where I felt like, oh, life's too hard for me to show up in my business. But then I thought, but when I was working for the government, I would have been at work every day this week, you know, so like, life doesn't need to be perfect for me to show up in my business either. So it is it's like I think perfectionism and small business can be so small business can really trigger the perfectionism in me anyway, more than just working for someone else. Yeah, definitely. So to wrap up, what would you love listeners to take away from this episode about perfectionism? I guess just to look a little bit deeper, if you are, you know, telling yourself that things need to be perfect. Just check in with yourself, like, is this actually helping me or hindering me because if you've got really high standards, and you're able to be flexible and respond to life, then it's okay. But if you realise that you're actually being really rigid, and you're not open to receiving support or being flexible, then you know, maybe, maybe it's time to do a little bit of work on it, and do some journaling, things like that. And yeah, remember that, even if you don't feel like you're in the right mood, or that things are going to be perfect, you can still take that imperfect action, and that is what's going to eventually change the perfectionism. Anyway, that is so true. So thank you so much for coming on the Rachael Cruz show and sharing your story, insights and wisdom. I am very, very grateful. Oh, my pleasure. Thank you for having me. I think your clients are very lucky to have you, Rachel.

Oh, thank you. That's so glad to have you to say thanks so much for joining Getting into today's episode. If you found what I've shared valuable, please leave a review and hit the subscribe button so you don't miss when a new episode drops every Wednesday.