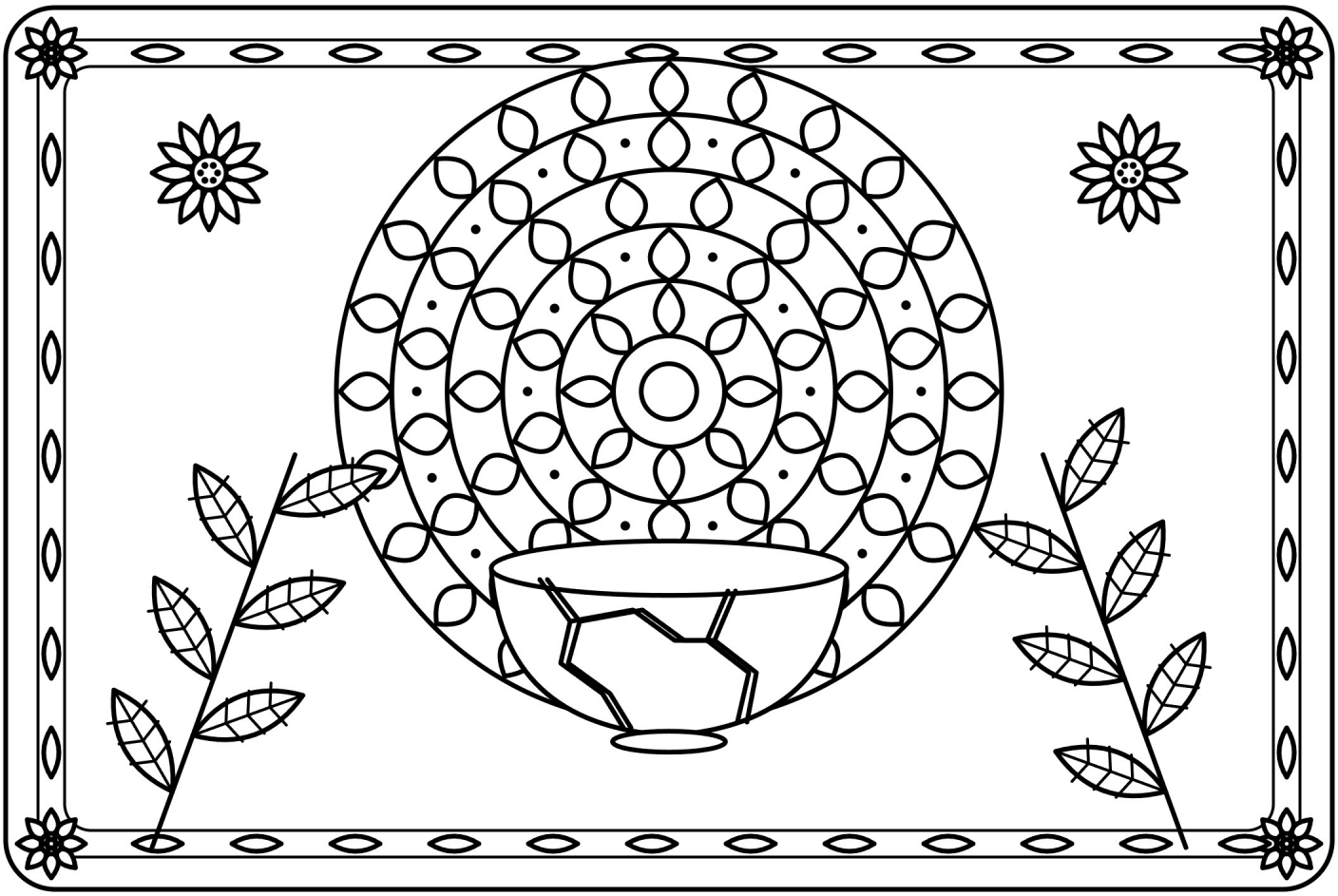
A COLORING BOOK FOR RECOVERING PERFECTIONISTS

the 10% club

Ten weeks of small, imperfect steps. Because **good enough, done** beats perfect, someday.



ARC Center

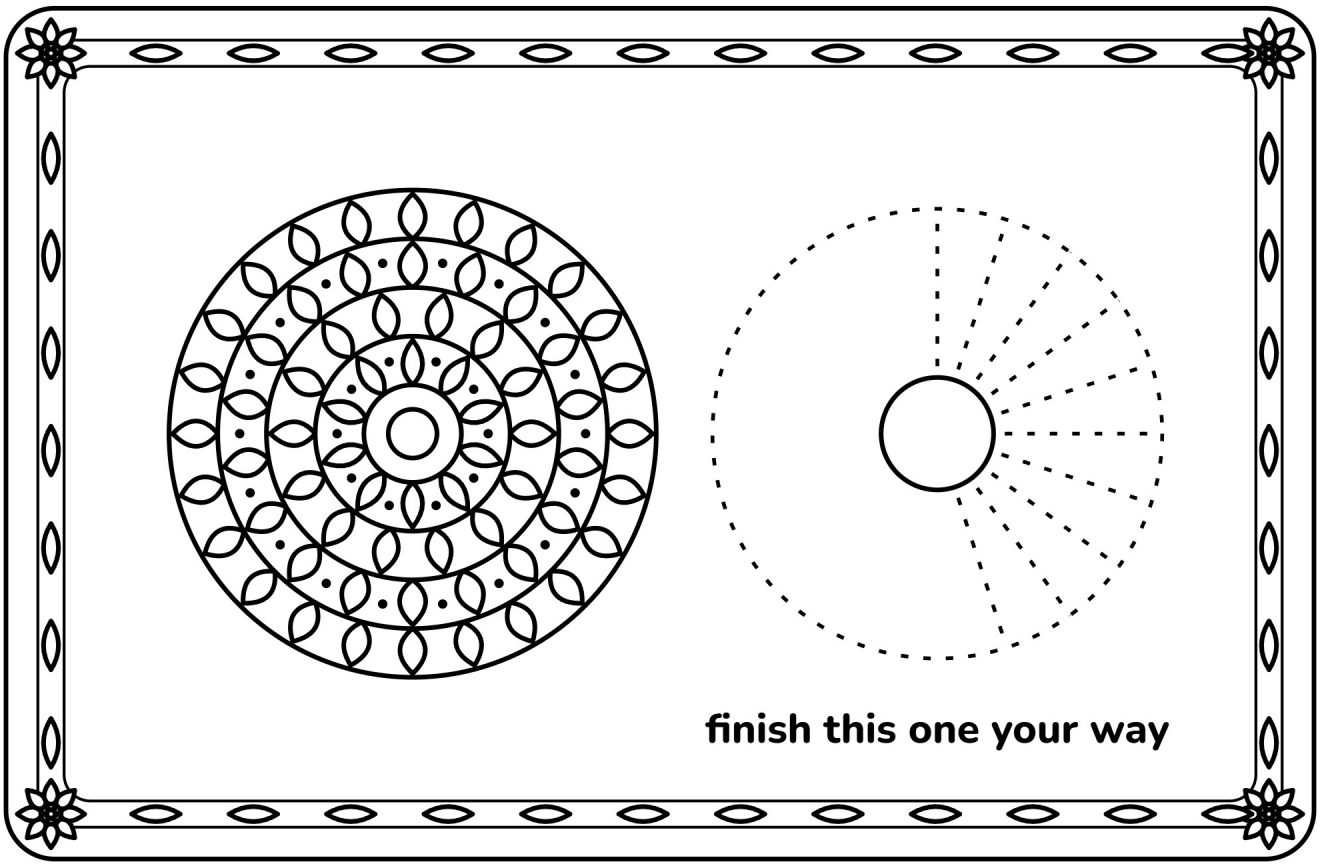
Achieving Resilience Through Connection

this book belongs to: _____

START HERE

there is no wrong way to color this

Color outside the lines. Use the "wrong" colors. Leave pages unfinished. This book is practice for doing things imperfectly, on purpose.

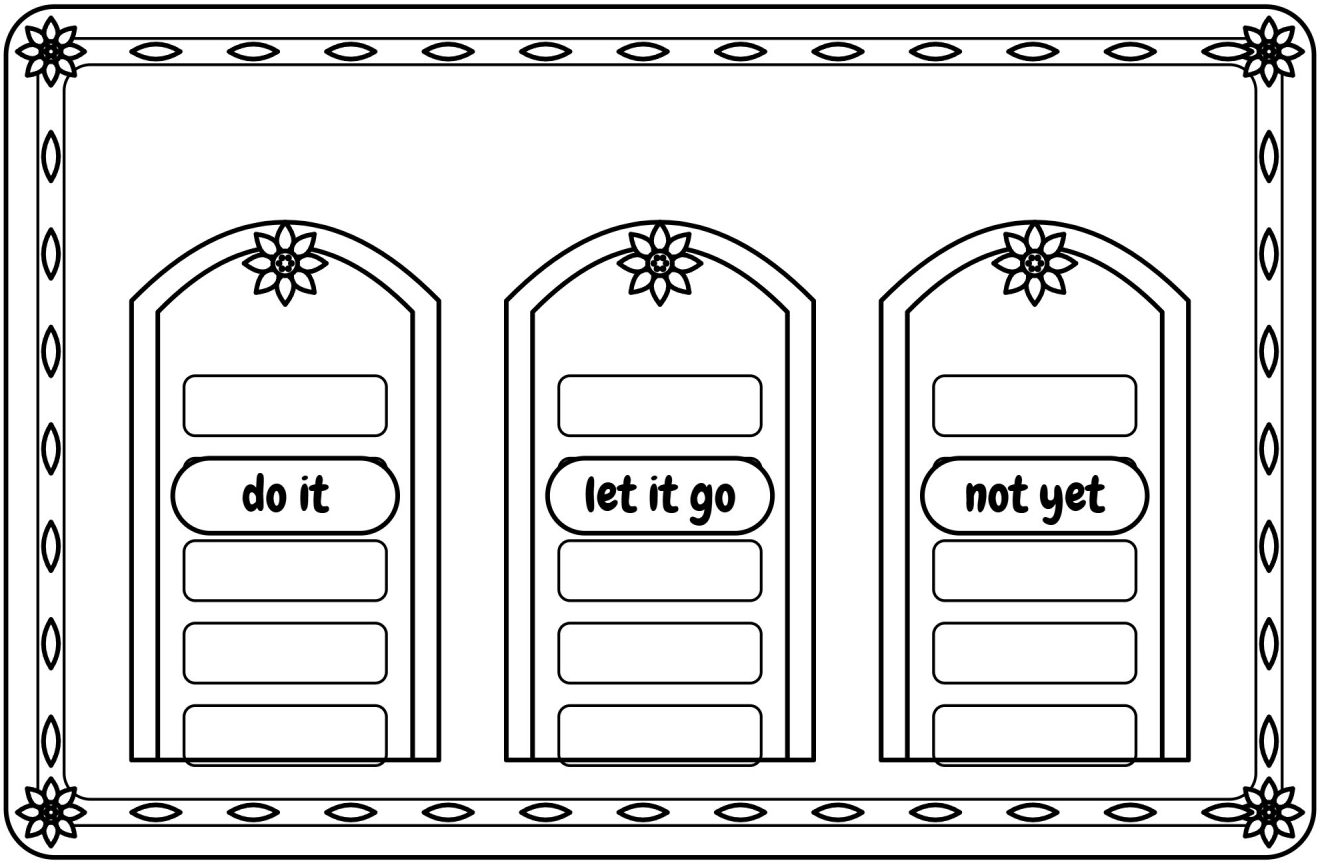


finish this one your way

The rule I'm giving myself permission to break:

every delay is a choice

Procrastination is often a decision made below awareness. Choose on purpose, then make peace with your choice. Sometimes we need to not do in order to do.

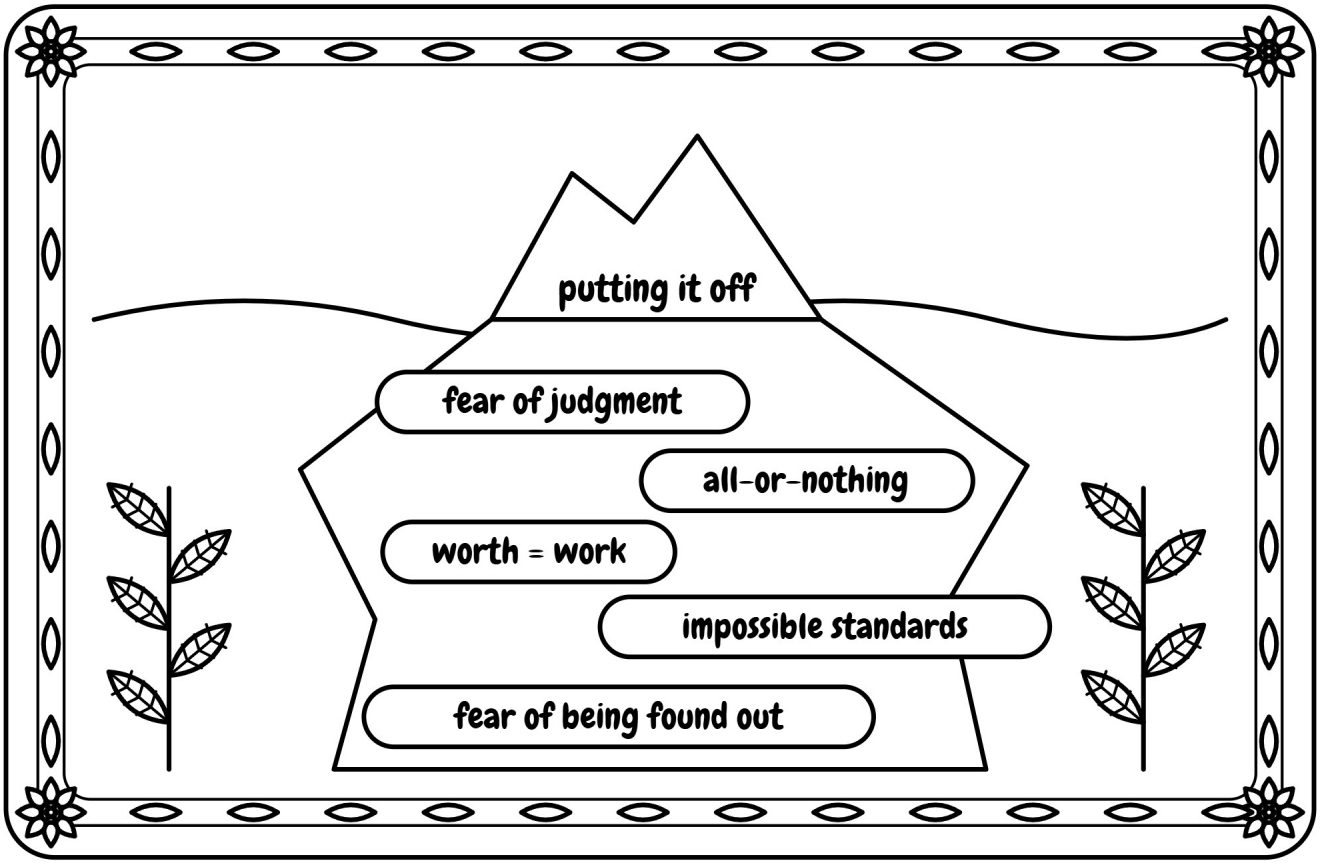


What am I really choosing right now, and why?

THE TRUTH

high standards, hidden fears

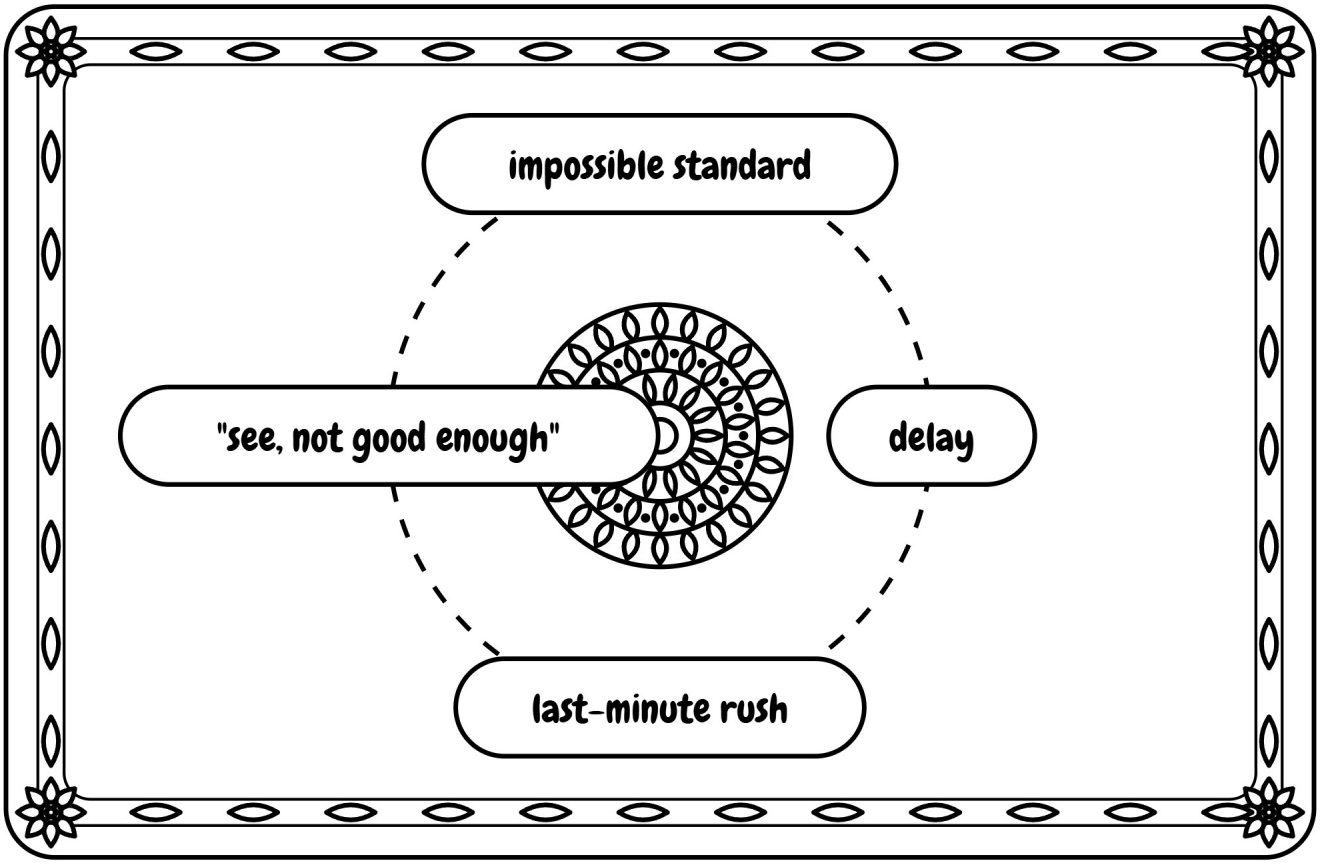
Perfectionists rarely procrastinate because they don't care. They delay because they care so much that every task feels like a verdict on their worth.



What's under my iceberg?

the perfectionism loop

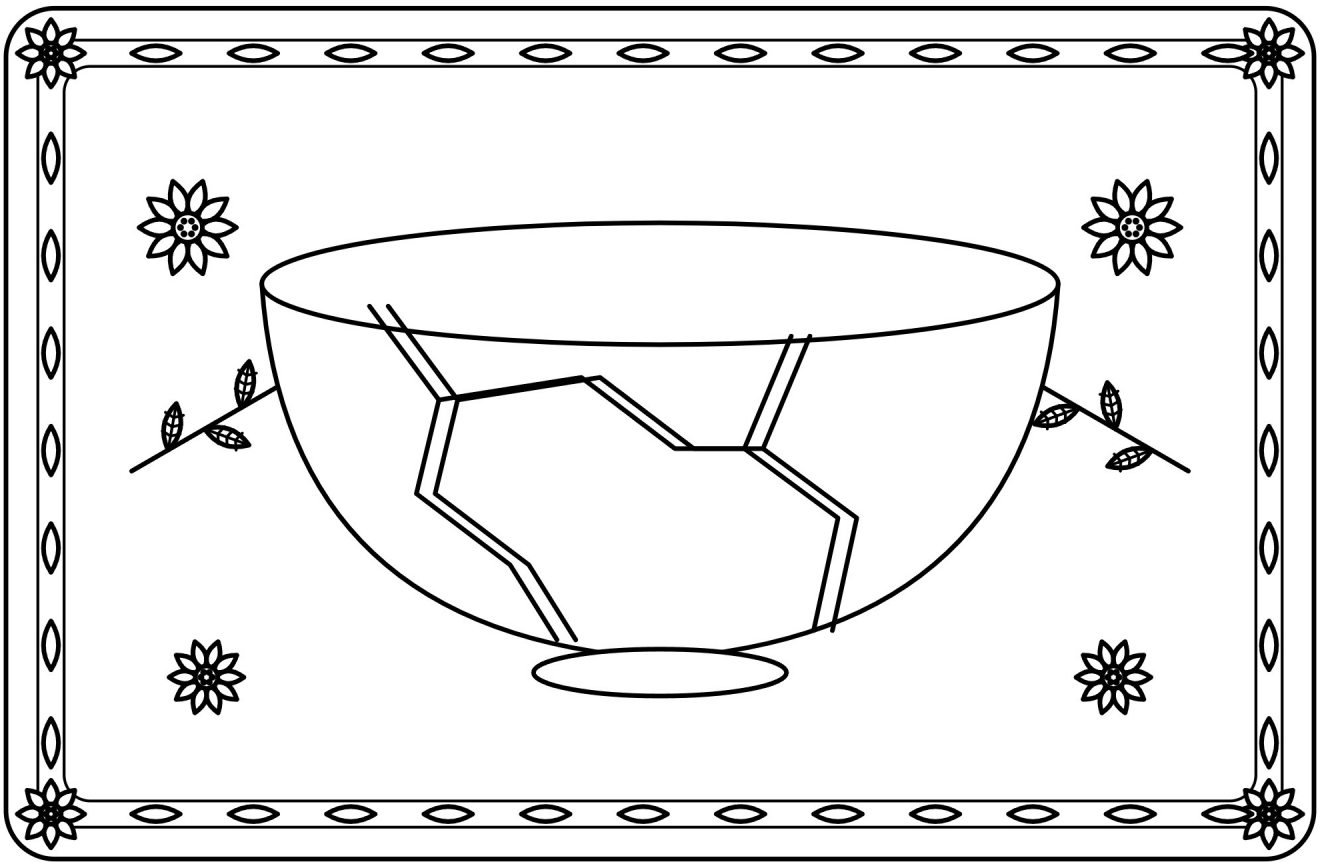
An impossible standard makes starting feel risky. The delay leads to a rush, the rush leads to flawed work, and the flaws "prove" the standard must go higher.



Where could I break my loop?

the cracks are where the gold goes

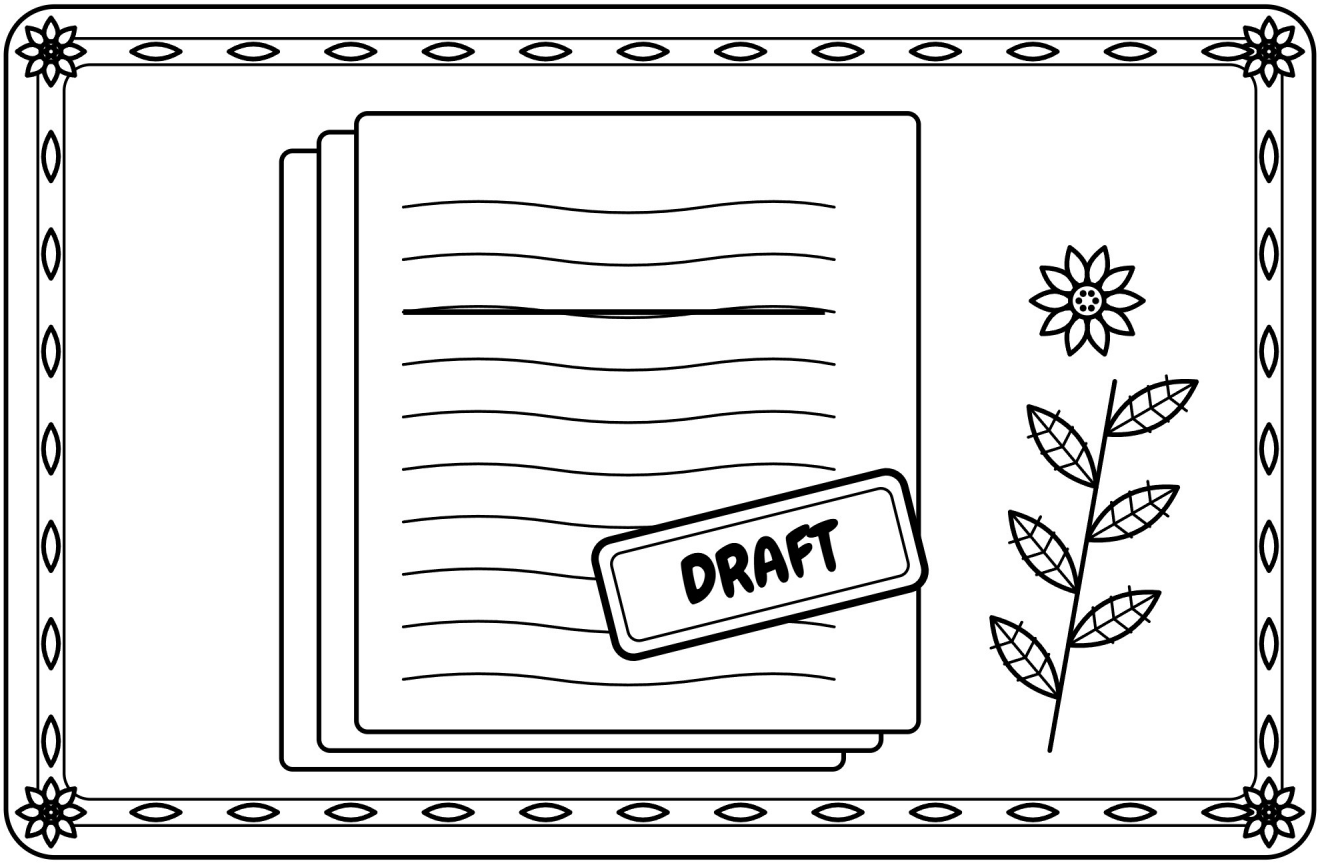
In kintsugi, a Japanese art, broken pottery is repaired with gold. The repair becomes part of its beauty. Color the seams gold, or any color that feels like healing.



A "crack" that ended up teaching me something:

a draft, not a verdict

Your first try is not a test of who you are. It is raw material. Give yourself permission to write the "bad" version first. You can't edit a blank page.

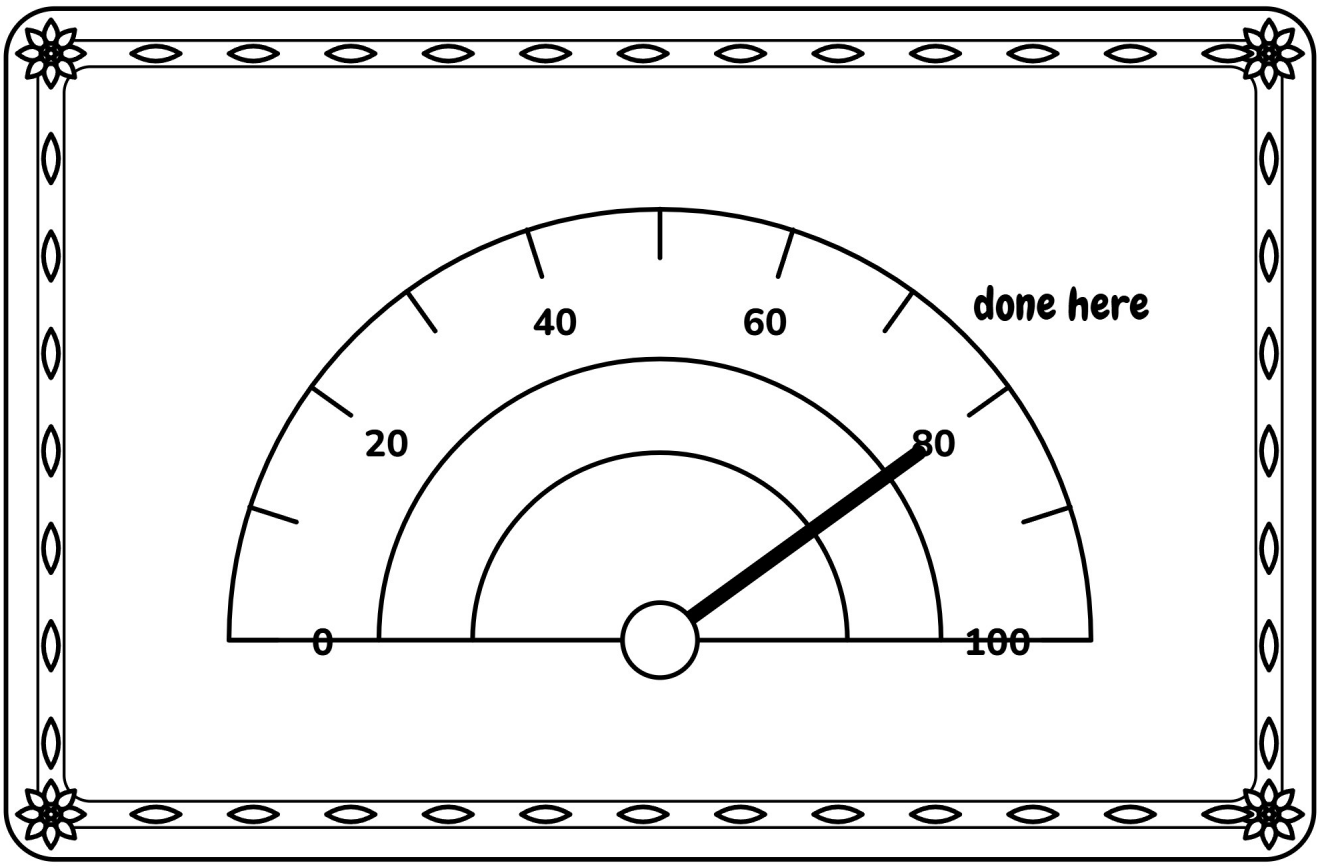


The draft I'll let myself make badly this week:

A TOOL

the good-enough dial

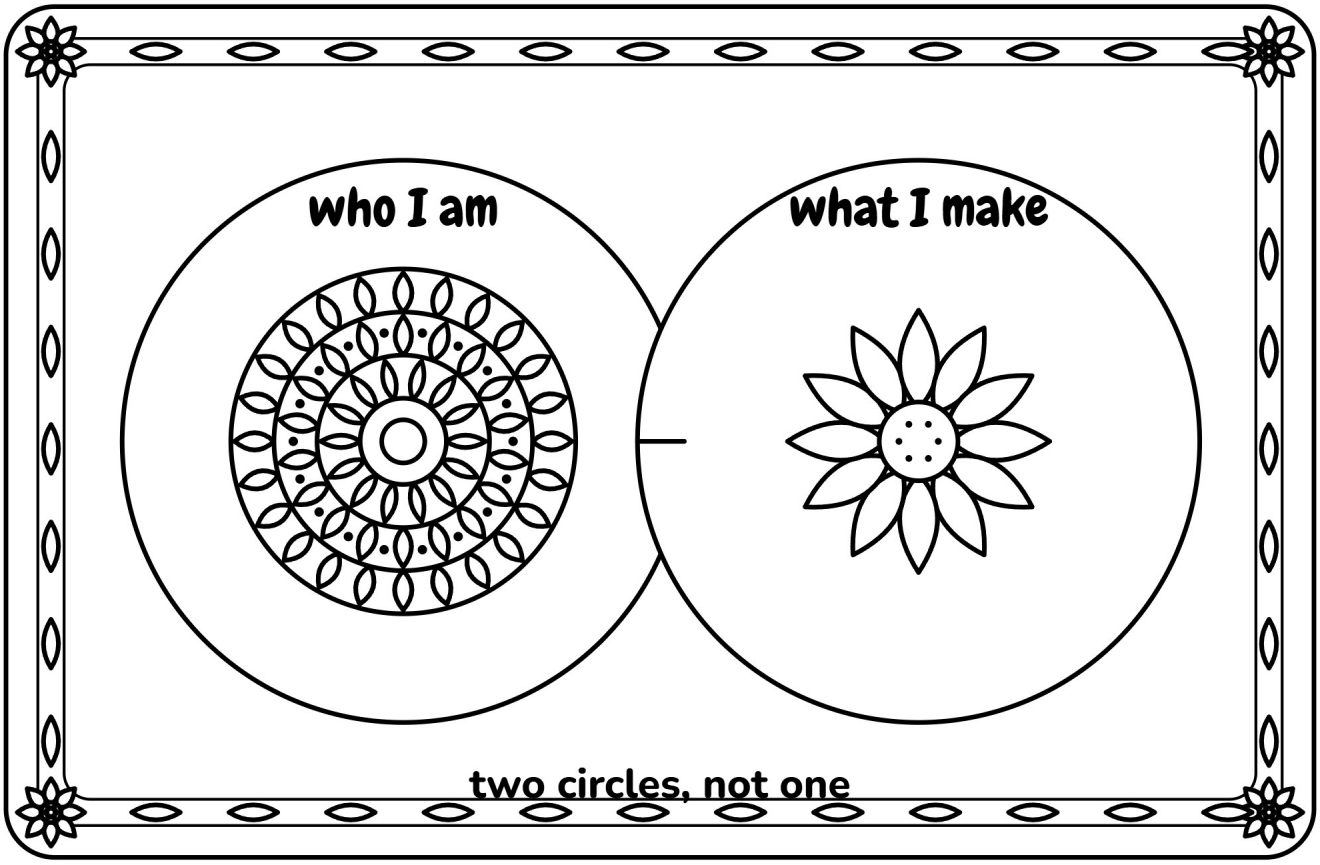
Not every task needs 100%. Before you start, decide where "done" is. For most things, 80% is excellent and the last 20% costs the most.



A task I can finish at 80% this week:

your worth is not your work

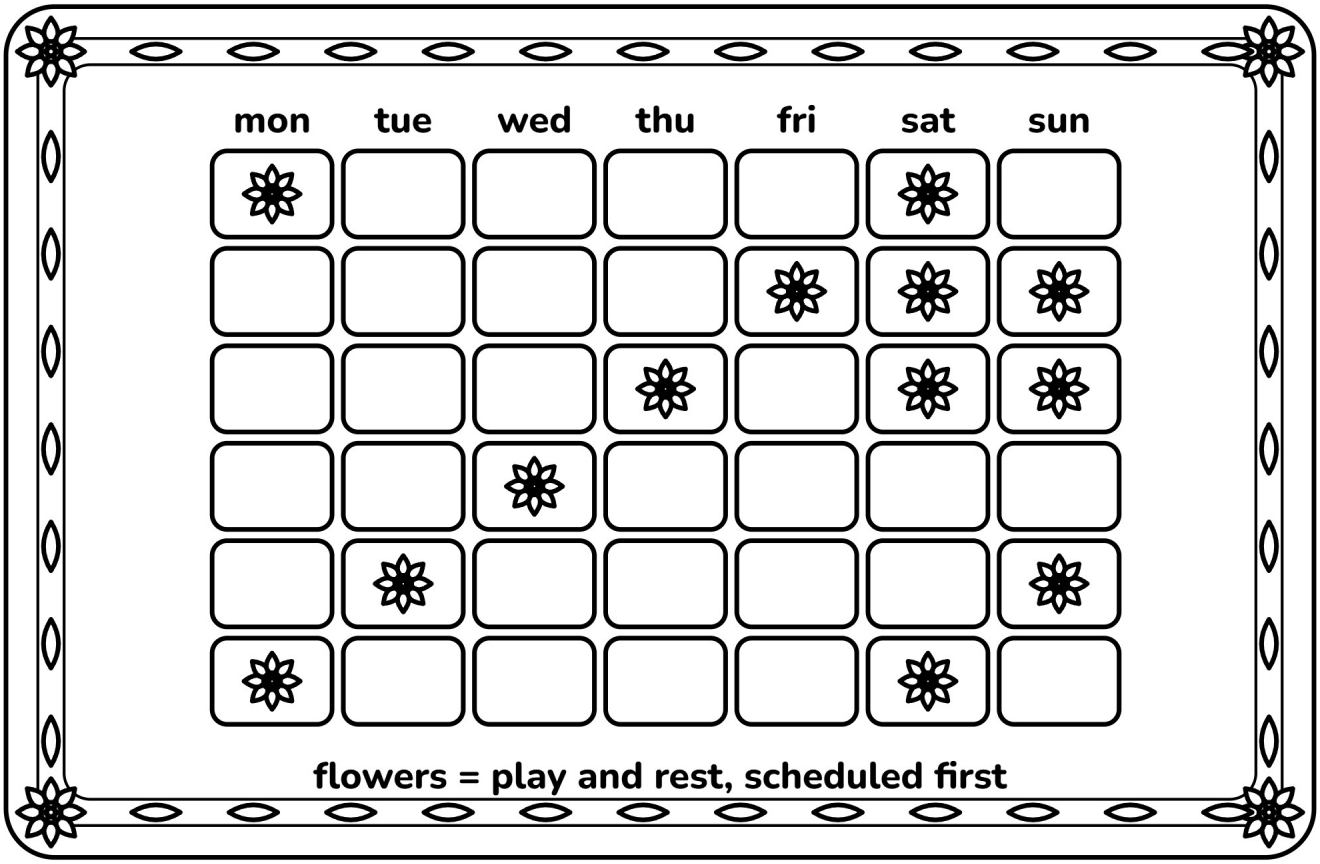
When your value feels tied to every result, starting is terrifying. Practice keeping these two circles apart. You are more than your output.



Three things I value about myself that have nothing to do with achievement:

schedule your play first

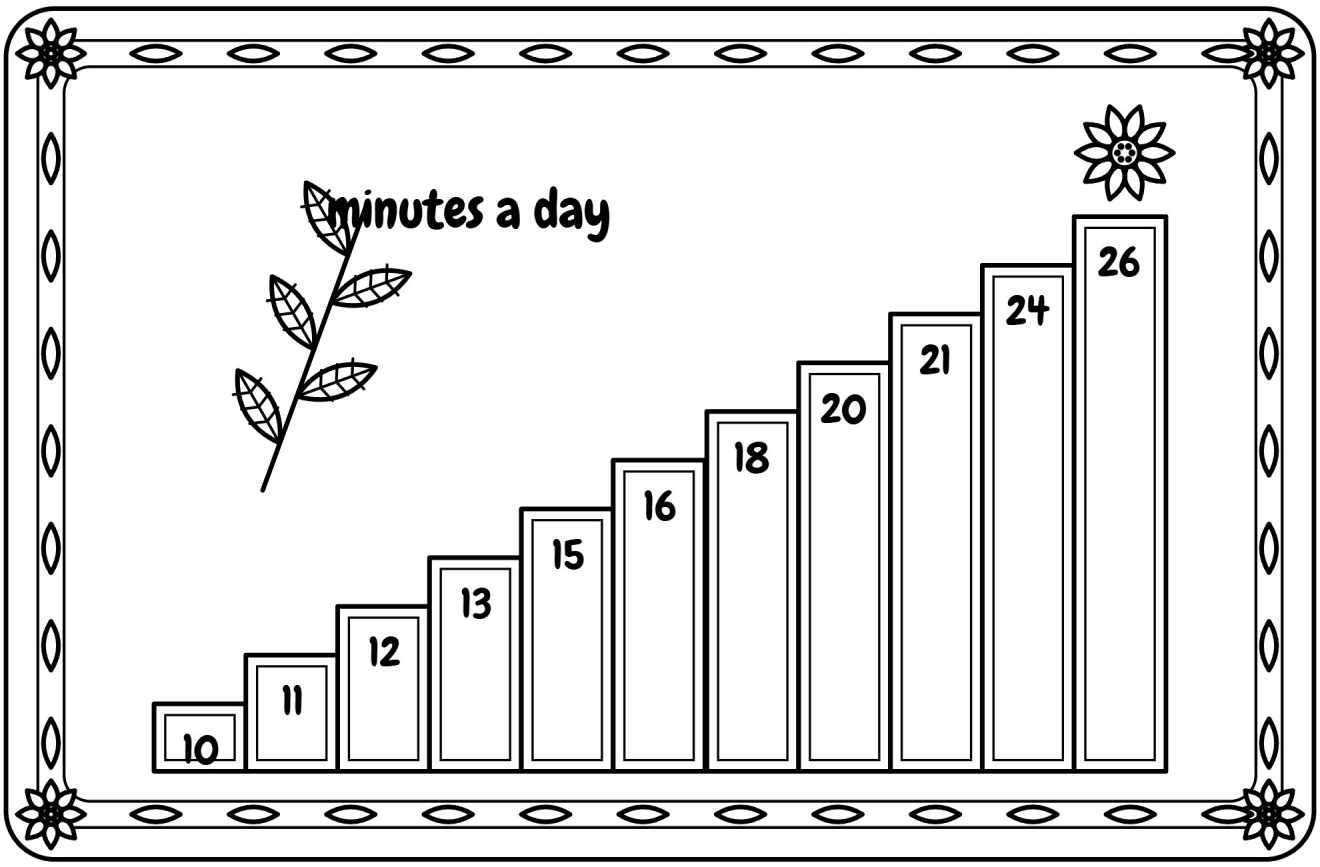
Fiore's "unschedule" puts rest, meals and fun on the calendar first. Work fits around a real life, and guilt-free play becomes the reward that fuels it.



Guilt-free play I'm scheduling this week:

10% at a time

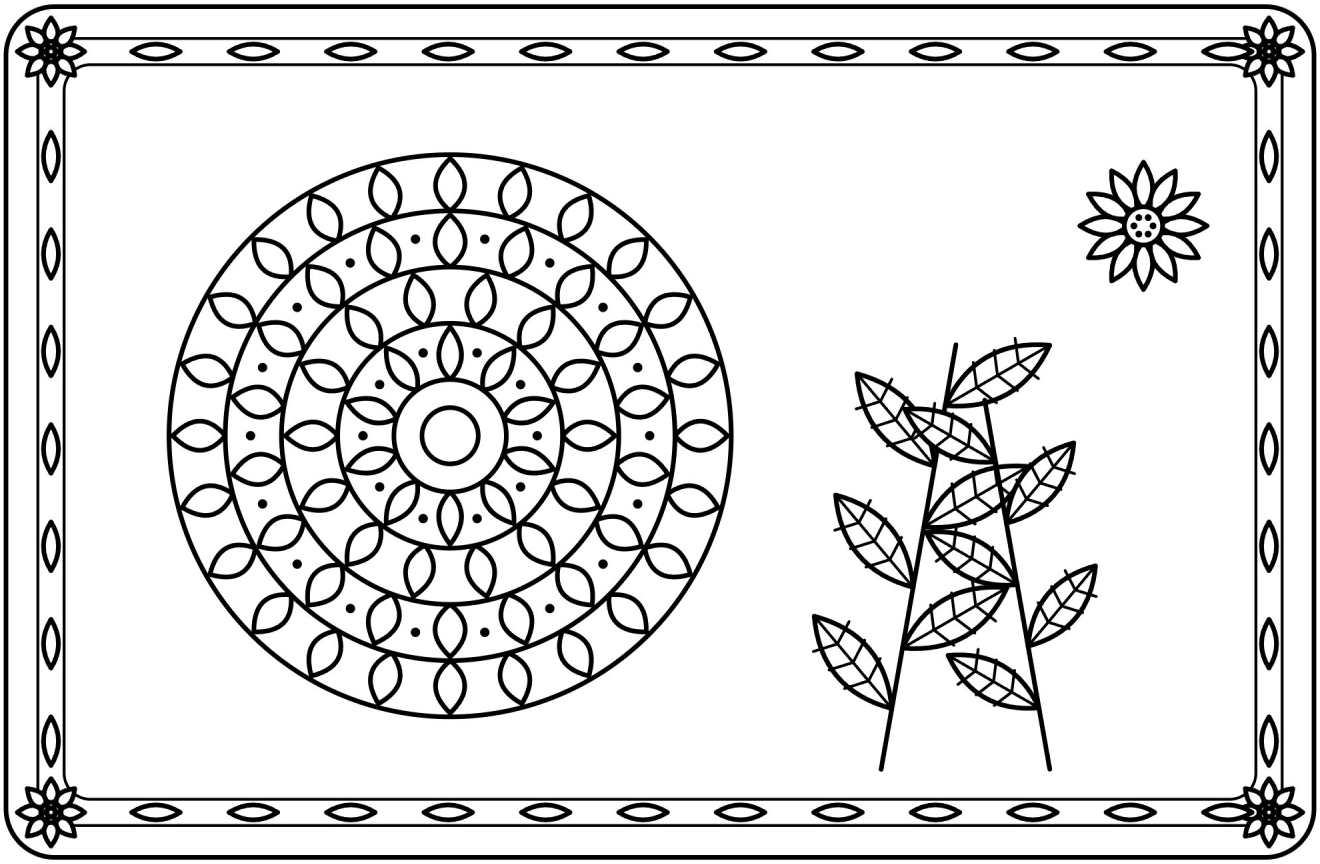
Perfectionists love big leaps. This plan asks for small ones: grow your daily focus by 10% a week. Hit it 5 of 7 days to level up. Missed? Stay on the same step.



My starting minutes: My week 10 goal:

choose your starting point

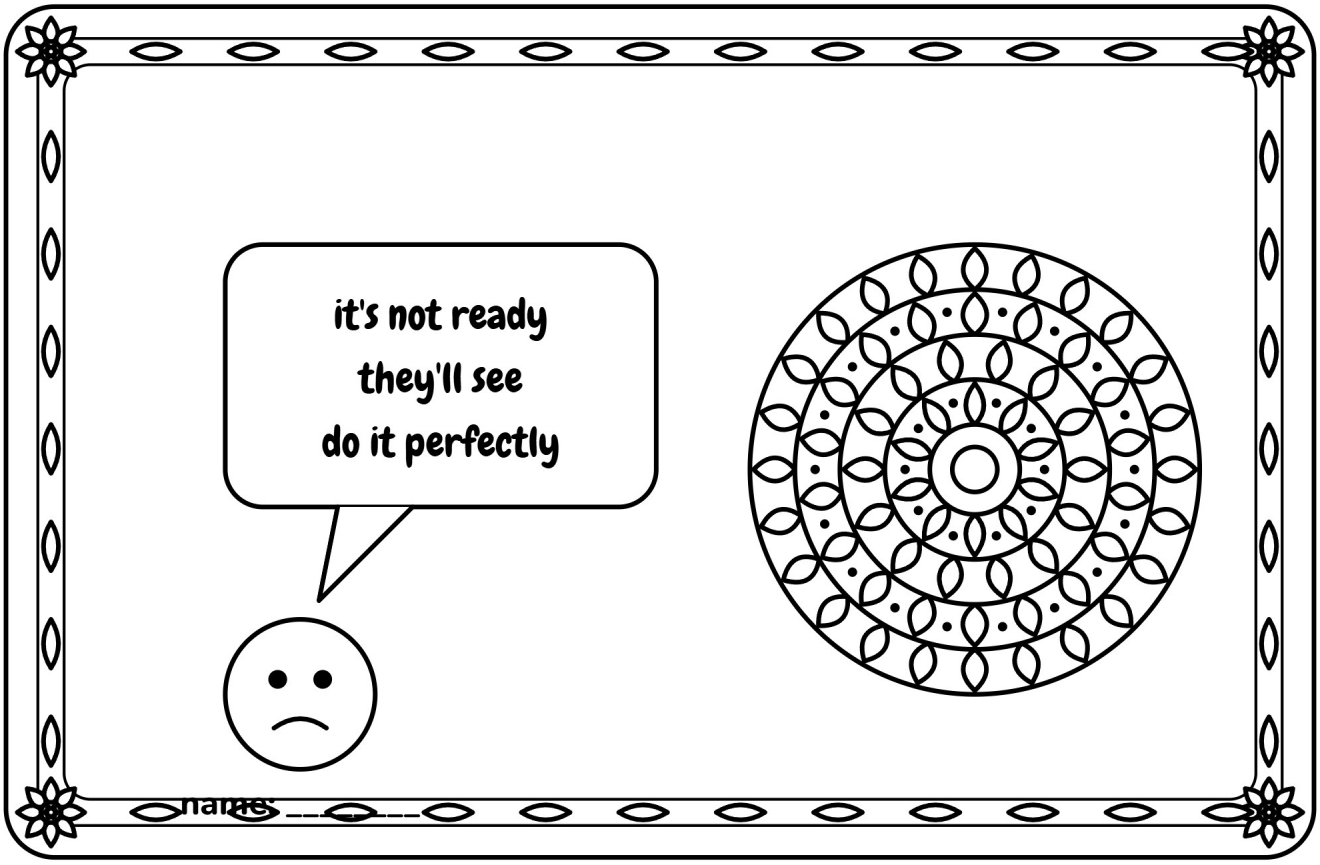
Pick the task you avoid most, a time and a place, and a start so small it feels almost too easy. For a perfectionist, "too easy" is exactly right.



My task • my time and place • my "too easy" first step:

name your inner critic

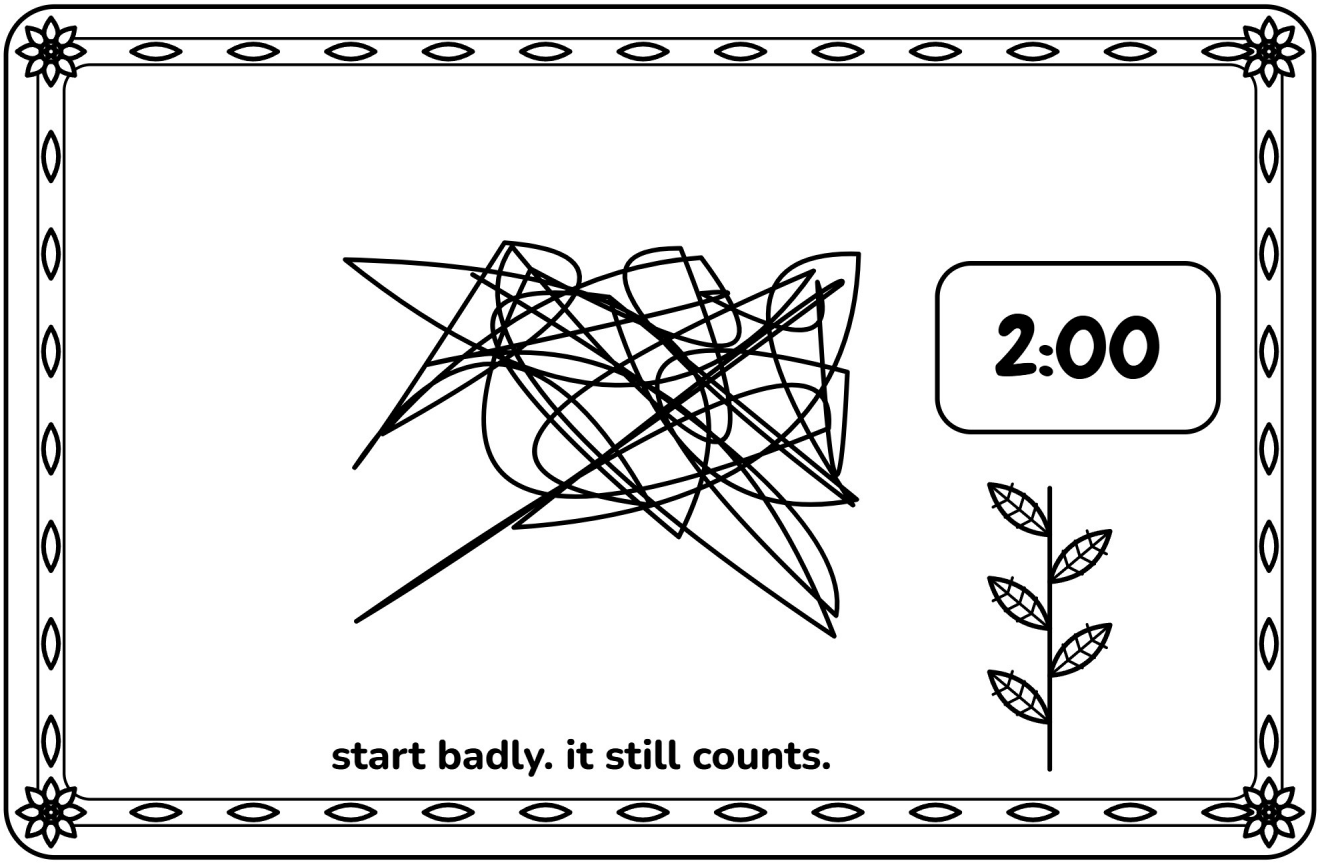
Notice the voice that says "not yet, not good enough." Give it a name. Once it has a name, it's a voice, not the truth.



My critic's name is... and today it said...

the messy 2-minute start

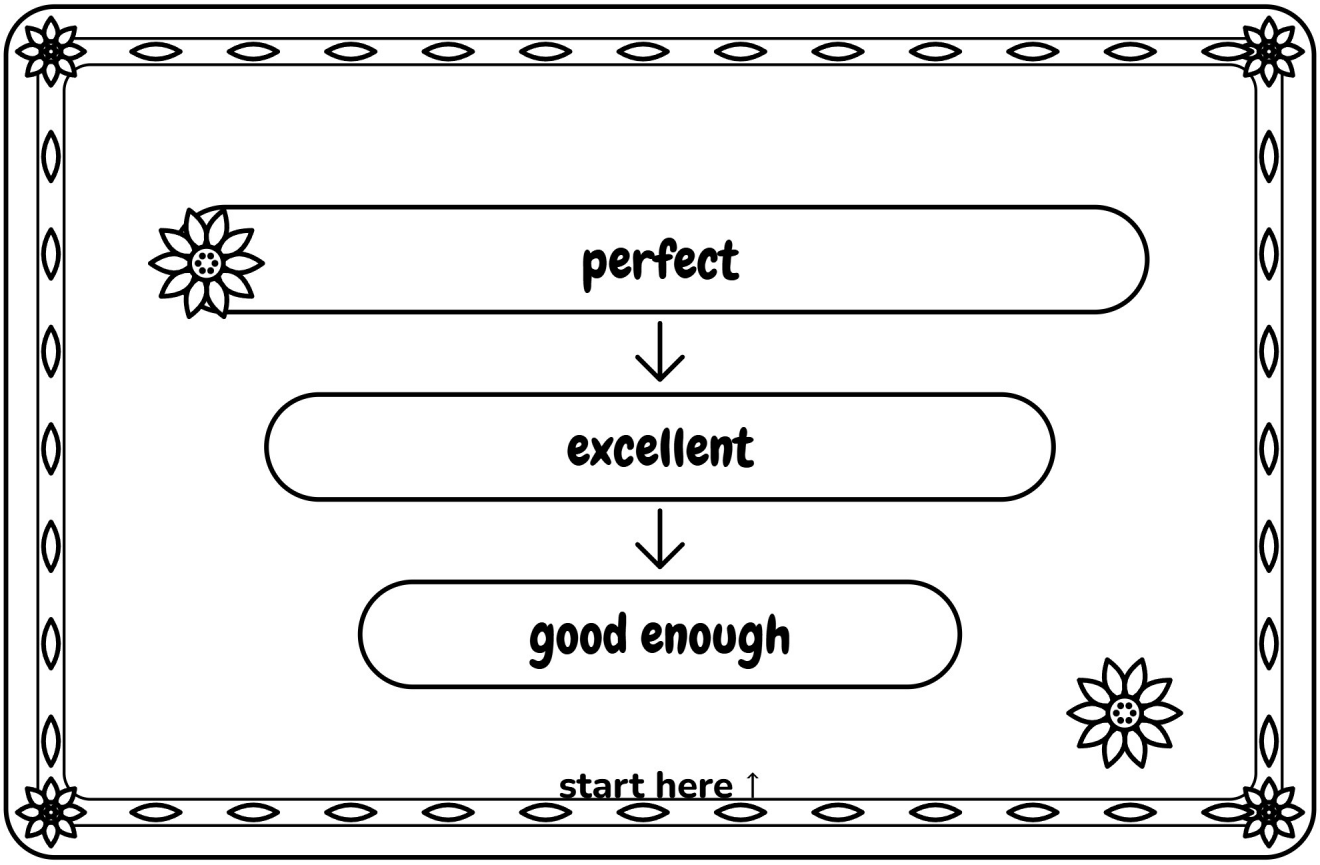
Promise only two minutes, and promise to do them badly. A clumsy start beats a perfect plan that never begins.



My two messy minutes went into...

lower the bar to start

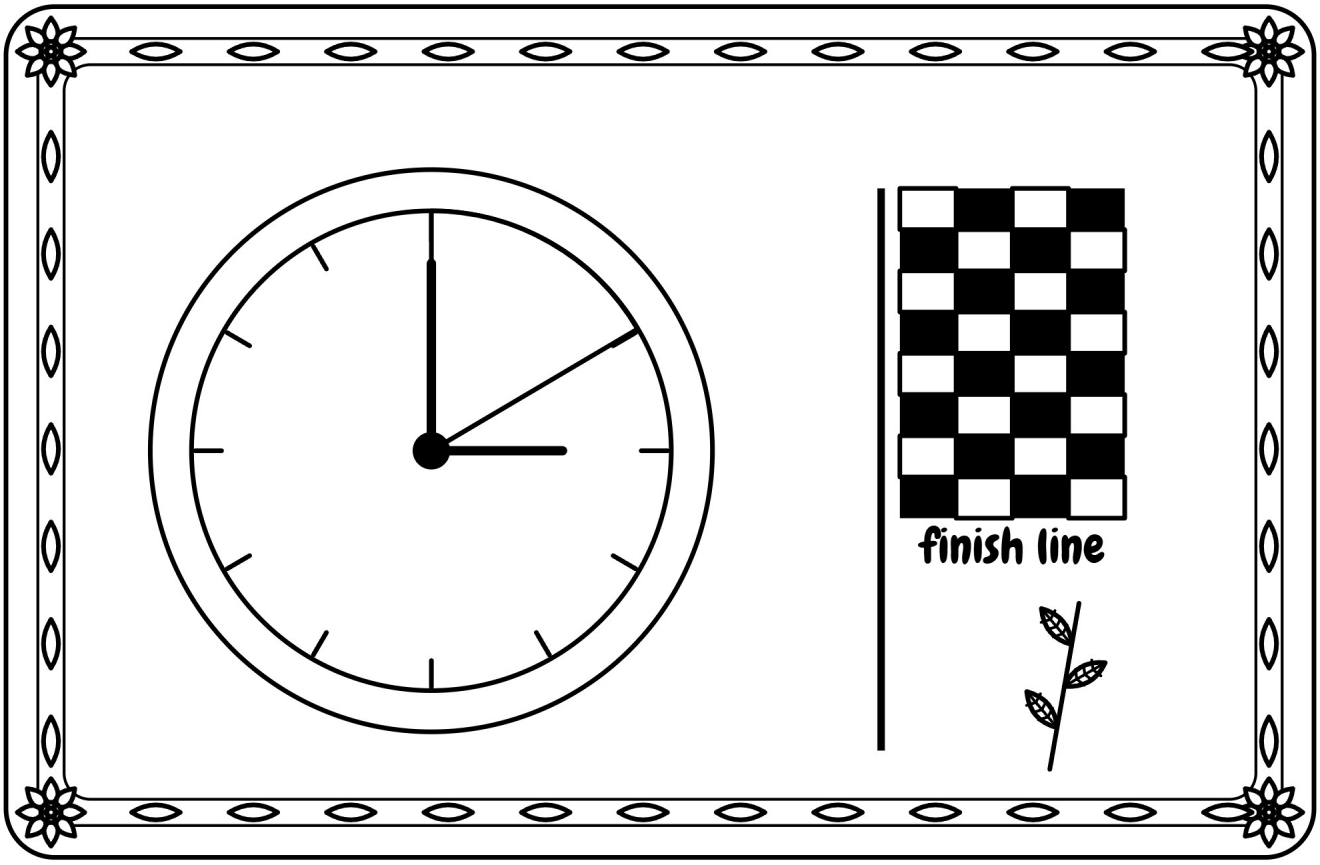
Don't shrink the task. Shrink the standard for the first step. Aim for "good enough to begin."



What would "good enough to start" look like?

design for done

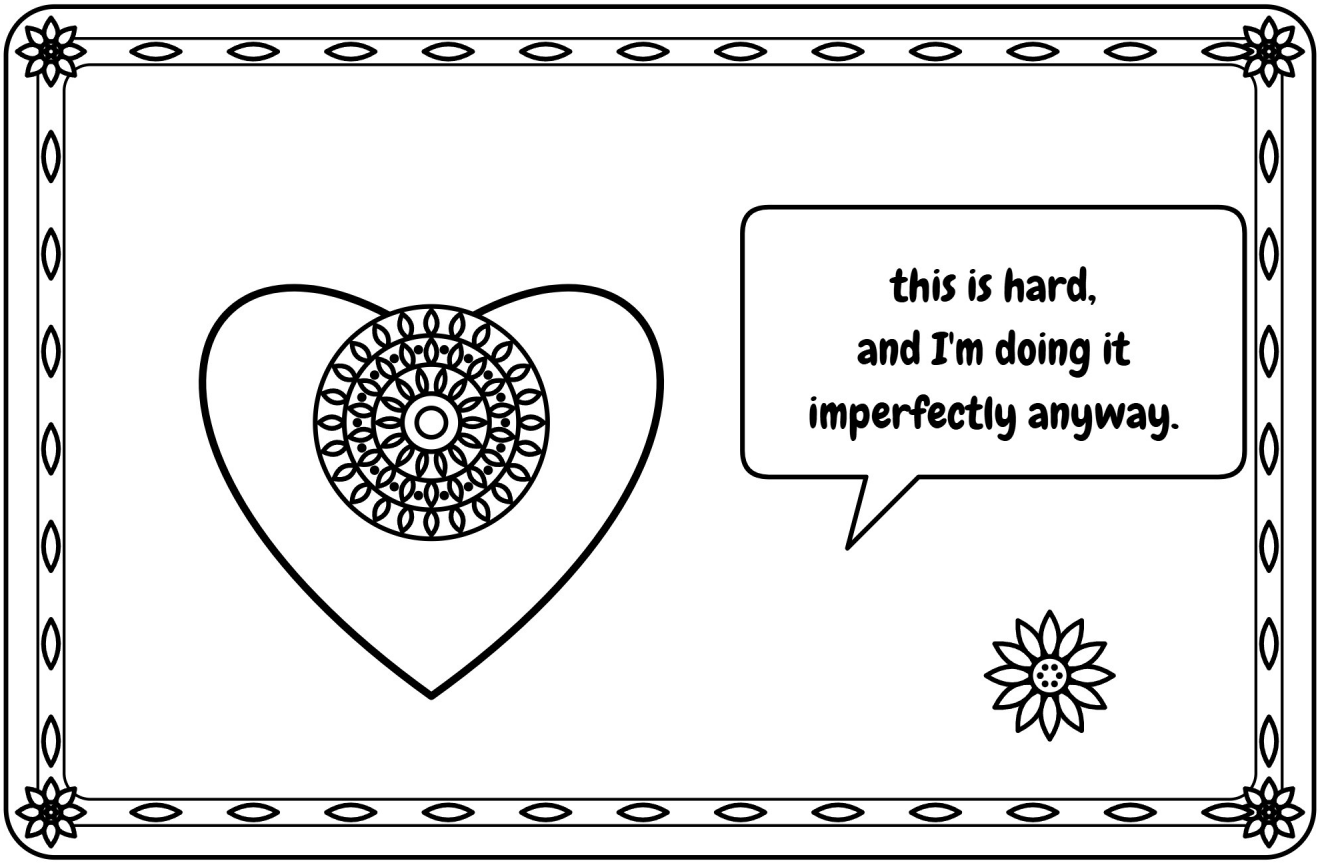
Give each task a time box and a finish line. When time is up, you stop, even if it isn't perfect.



My time box this week: ___ minutes for...

name it, be kind

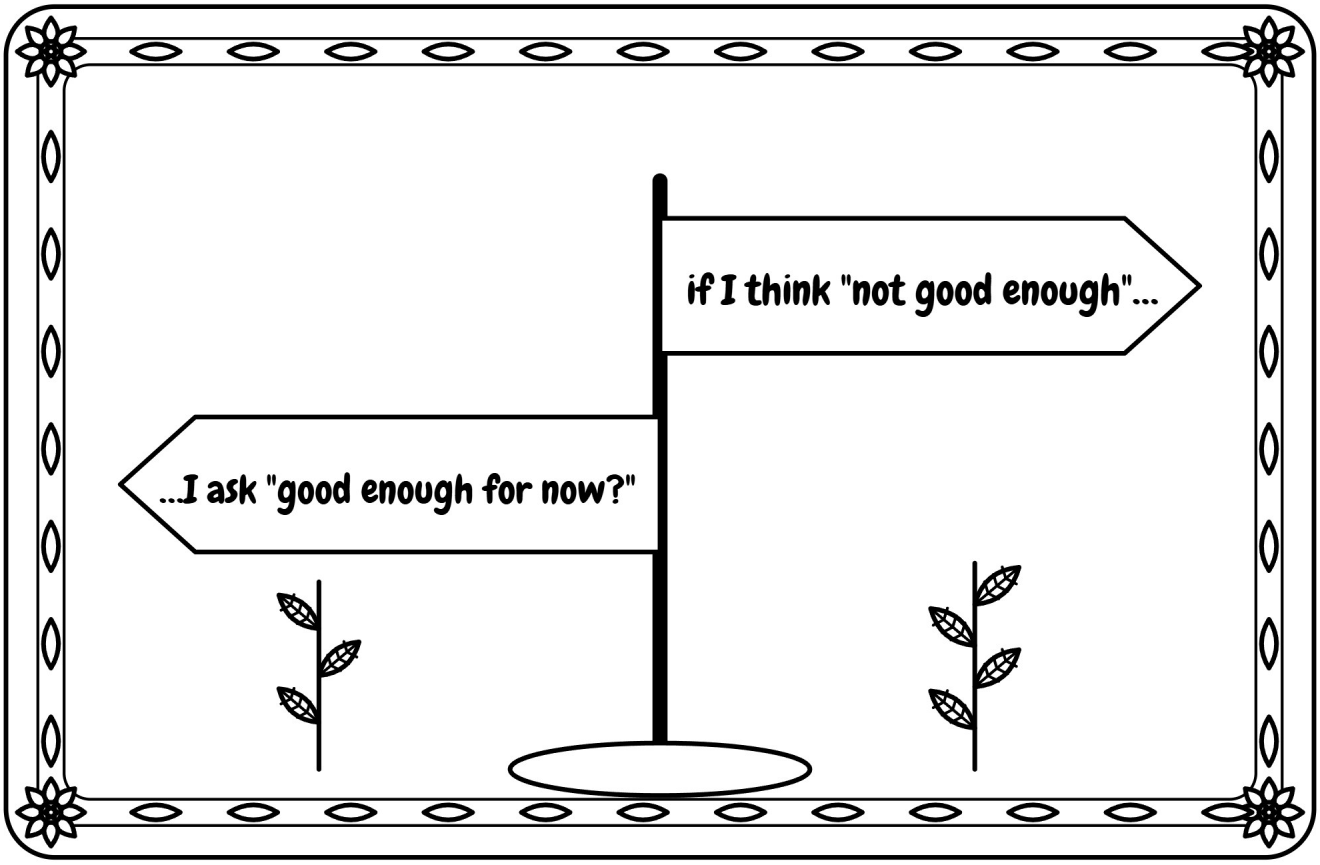
When the urge to polish or escape hits, name the feeling and answer it the way you'd answer a dear friend.



The feeling was... and I told myself...

if-then for the critic

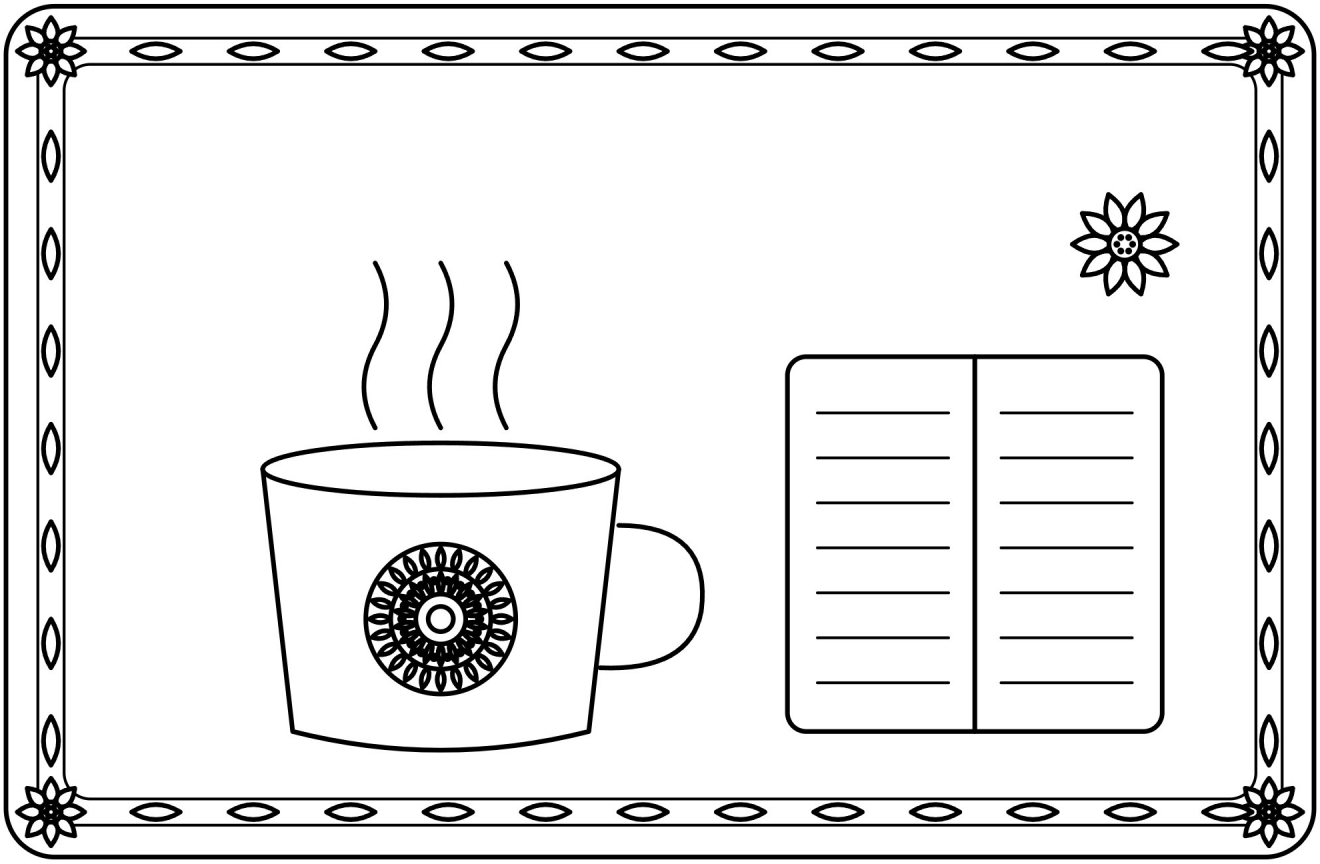
Plan your response before the critic shows up. "If I think it's not good enough, I ask: is it good enough for now?"



If my critic says... then I'll...

play first

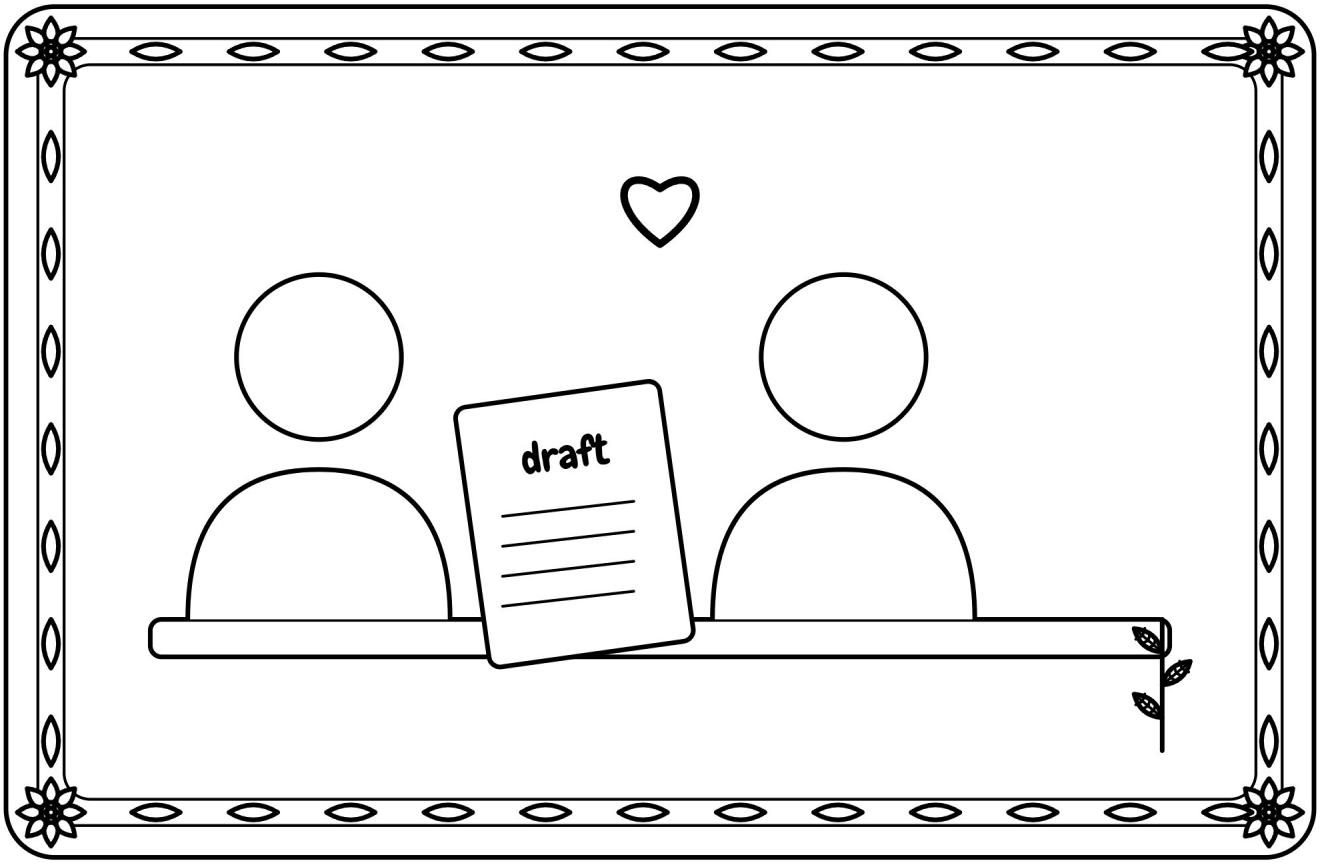
Schedule rest and pleasure before work, and pair focus time with something you enjoy.



My guilt-free play this week:

share it unfinished

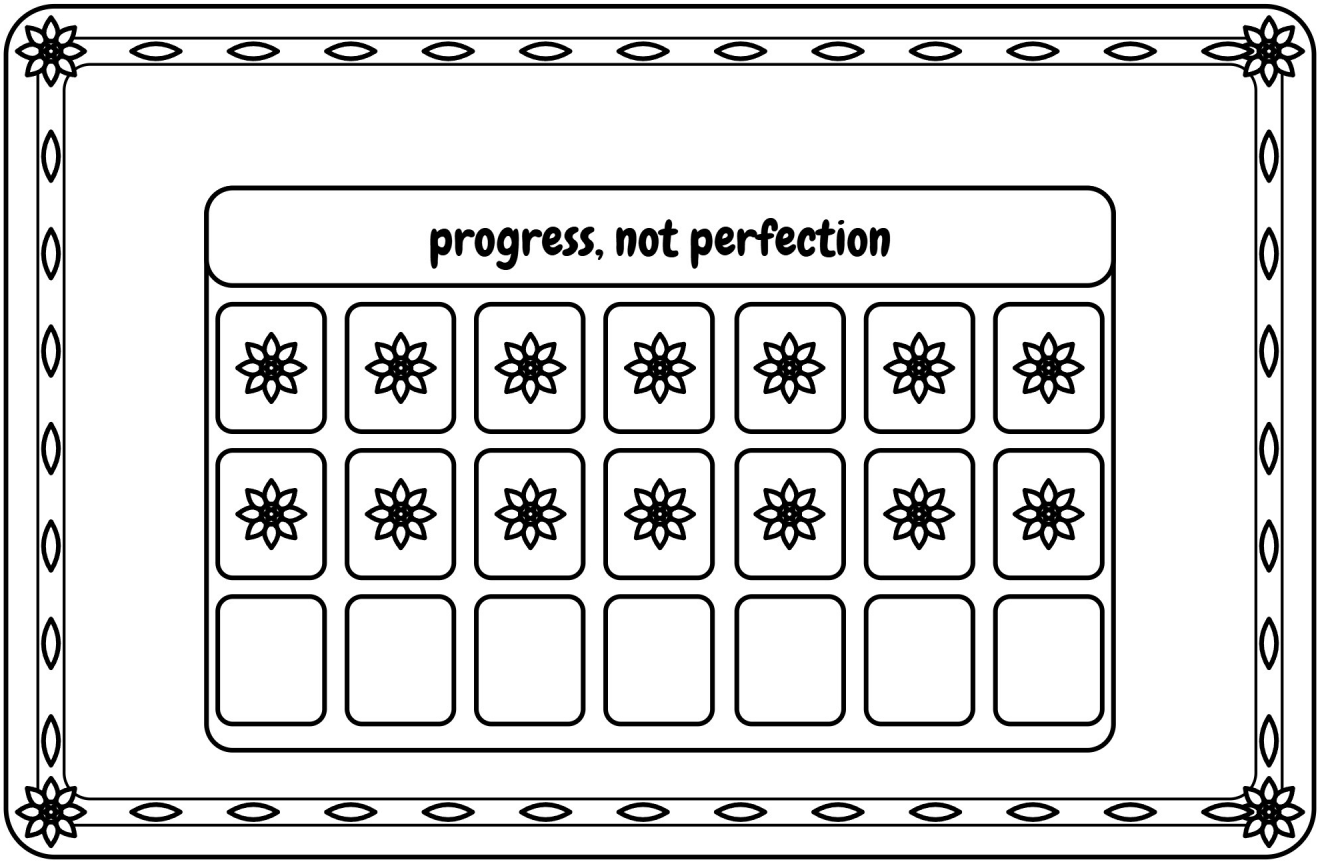
Show someone you trust a rough draft. Feedback on something imperfect teaches more than private polishing ever will.



Who I'll share a draft with, and what:

progress, not perfection

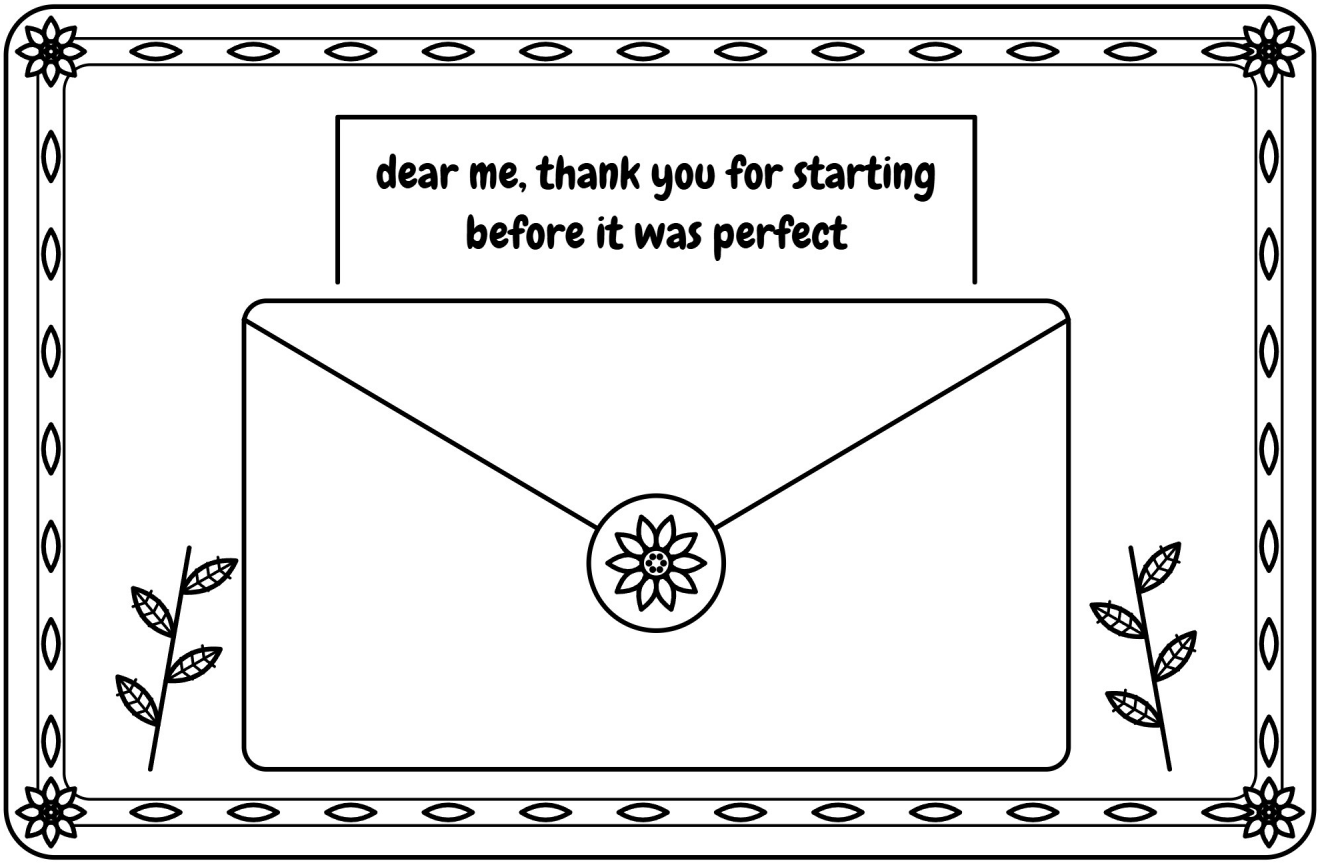
Each Sunday, count what you finished, not what fell short. Then choose one gentle tweak.



What I finished • where I polished too long • one tweak

a letter from future you

Write a note from yourself a year from now, thanking you for starting before things were perfect.

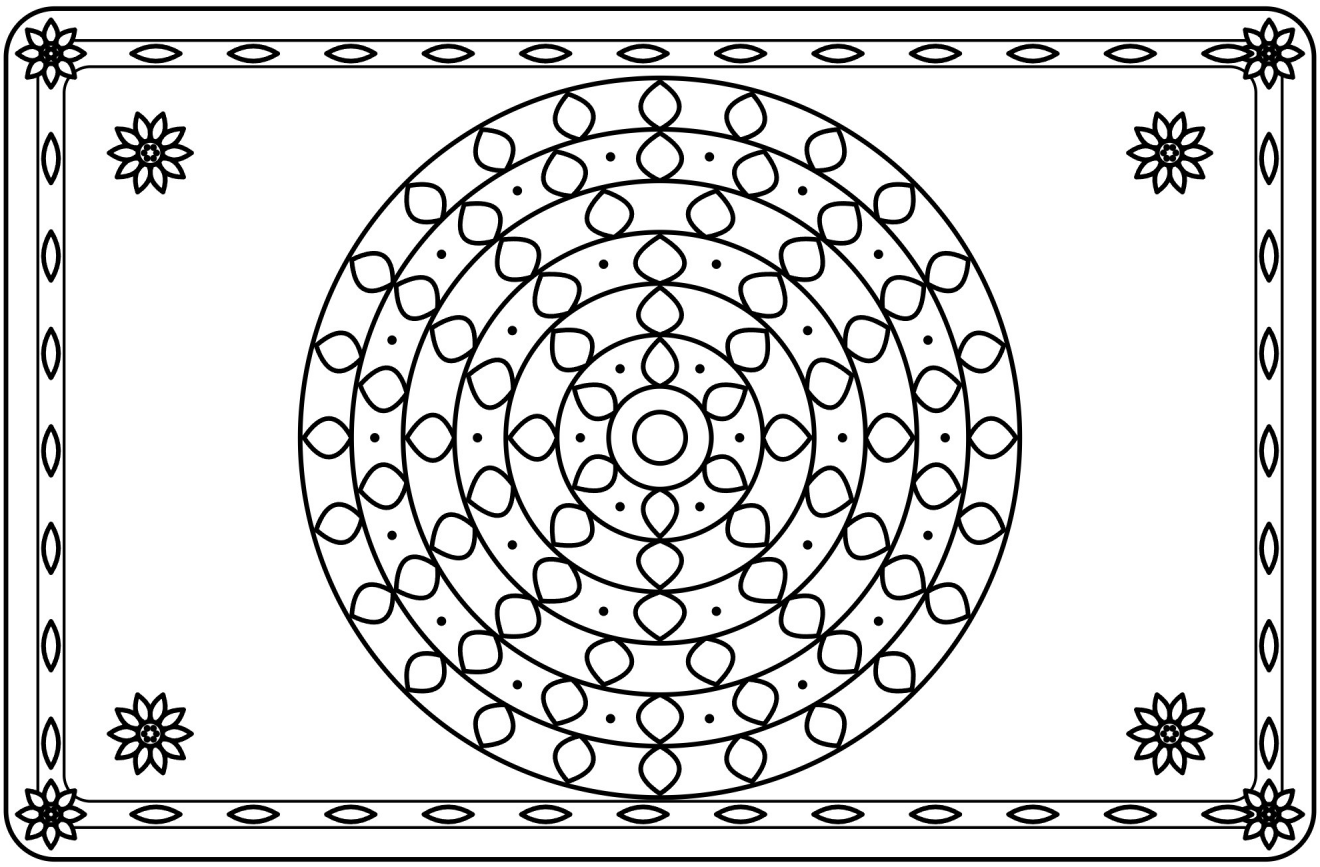


Dear me, thank you for...

A PRACTICE

the imperfect mandala

Set a timer for 10 minutes. Color until it rings, then stop, wherever you are. Notice the urge to finish. Let the page stay unfinished.

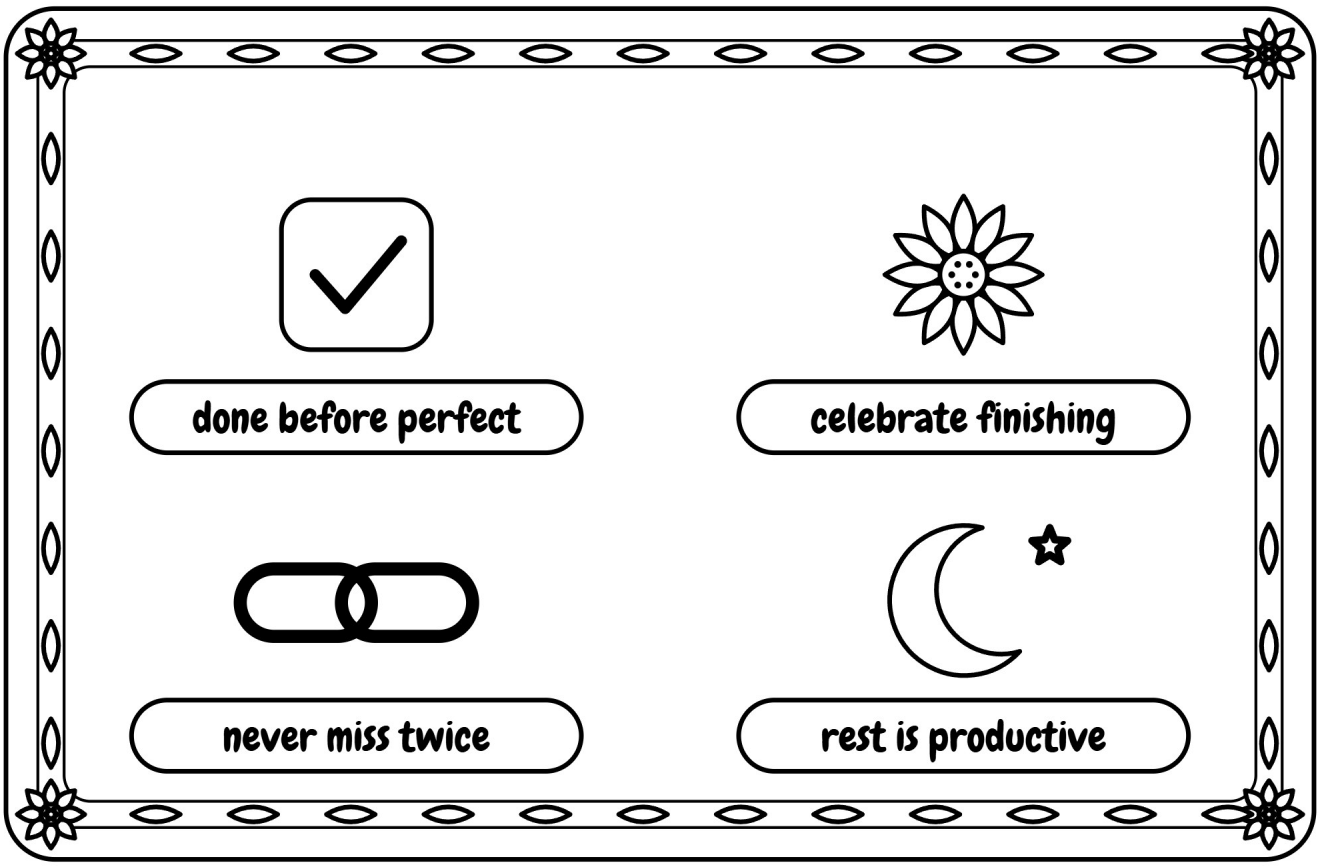


What did it feel like to stop before it was finished?

EVERY DAY

four daily anchors

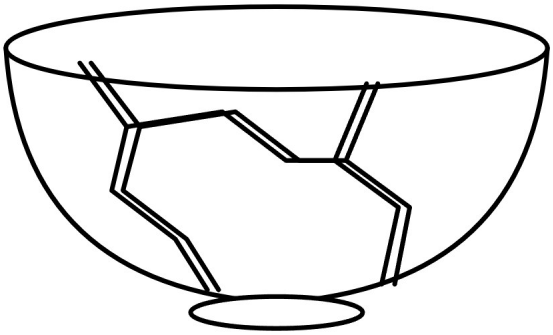
Small daily habits that loosen perfectionism's grip. Color each one on the days you practice it.



The anchor I need most this week:

slips are part of the pattern

A missed day is not proof you failed. It's data. Notice it, get curious, be kind, and make tomorrow's step smaller.



1. notice it
2. get curious
3. be kind
4. shrink the next step

Next time I slip, I'll remind myself...

certified good enough

You finished ten weeks without doing them perfectly, and that was the whole point. Fill this in, then pass the idea on.



Name: _____

Date I finished, imperfectly: _____

Stuck rating at week 0 (1–10): _____

Stuck rating now (1–10): _____

Something I finished at 80%: _____