

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Perfectionism Journal

The opening pages and the first three days, exactly
as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with
any PDF markup app.

Do the opening page before the first log. It takes five minutes,
and the logs mean very little without it.

If the three days work for you, the full journal carries on from
exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public
domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/perfectionism/

The Perfectionism Journal

This is a 30-day practice for anyone who has redone something four times, missed a deadline chasing 'right,' or avoided starting because it might not be good. Each day gives you one page: a small, honest log of where you chose progress over polish. Every seventh day, a Weekly Review helps you notice the pattern instead of just the moment.

TODAY'S GOOD-ENOUGH TARGET

Name one thing you're aiming to finish today — not perfect.

WHAT I SHIPPED

What actually got done, sent, or said out loud.

WHERE I CAUGHT MYSELF PERFECTING

The moment you noticed the urge to redo, delay, or over-polish.

ONE THING I'M LETTING BE GOOD ENOUGH

Name it, then leave it alone.

There is no wrong way to fill these pages. The goal was never a perfect journal — that would rather defeat the point.

The Perfectionism Severance Agreement

THIS AGREEMENT is entered into between the Undersigned and Perfectionism (“the Former Standard”), effective the date signed below.

WHEREAS the Former Standard has, for an unspecified period, demanded 100% in exchange for approximately 0% additional love, safety, or reward;

WHEREAS the Undersigned has, in fact, already finished several things that were never checked for typos by anyone at all, with no reported casualties;

IT IS HEREBY AGREED:

1. The Former Standard is relieved of all duties, effective today.
2. ‘Done’ is recognized as an acceptable substitute for ‘perfect’ in all circumstances not involving a pilot’s license or a bridge.
3. The Undersigned reserves the right to redo exactly one (1) thing per week, and no more, on purpose.
4. Mistakes discovered after shipping shall be filed under ‘Future Editions,’ not ‘Character Flaws.’

SIGNED

DATE

The Five Perfectionism Traps

1. ALL-OR-NOTHING THINKING

Treating anything less than flawless as failure, so a 90% result feels like a 0% one.

2. THE ENDLESS REVISION LOOP

Editing something you already finished, over and over, because stopping feels like giving up.

3. FEAR OF BEING SEEN TRYING

Waiting until you're sure it's good before anyone sees it — so it never gets seen at all.

4. THE COMPARISON TRAP

Measuring your unfinished draft against someone else's finished, edited, published result.

5. MISTAKING STANDARDS FOR SAFETY

Believing that if you're careful enough nothing can go wrong, instead of accepting that shipping always carries some risk.

Day 1

TODAY'S GOOD-ENOUGH TARGET

WHAT I SHIPPED / FINISHED TODAY

WHERE I CAUGHT MYSELF PERFECTING

ONE THING I'M LETTING BE GOOD ENOUGH

TODAY, I



Shipped it



Let it be



Asked for help



Moved on

NOTES

Day 2

TODAY'S GOOD-ENOUGH TARGET

WHAT I SHIPPED / FINISHED TODAY

WHERE I CAUGHT MYSELF PERFECTING

ONE THING I'M LETTING BE GOOD ENOUGH

TODAY, I



Shipped it



Let it be



Asked for help



Moved on

NOTES

Day 3

TODAY'S GOOD-ENOUGH TARGET

WHAT I SHIPPED / FINISHED TODAY

WHERE I CAUGHT MYSELF PERFECTING

ONE THING I'M LETTING BE GOOD ENOUGH

TODAY, I



Shipped it



Let it be



Asked for help



Moved on

NOTES

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THAT WAS THE FIRST THREE DAYS

The rest of The Perfectionism Journal

30 Good-Enough logs, the six-page toolkit, four weekly reviews and a closing progress page.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the record to mean something, and that is what the checkpoints and the closing pages are for.

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Hardcover

amazon.co.uk/dp/B0HJZJ4XQZ

How it works

thejournalfoundryco.co.uk/journals/perfectionism/

Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.