

PITFALLS OF CHASING PERFECTION

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Everyone wants to be perfect. Many people have role models whom they closely follow and emulate in the hope of attaining the success that their role models have achieved.

However, this constant drive towards perfection at times puts people in situations where they impose so many absurd targets with impossible deadlines on themselves that even if they reach their goal within the deadline, they end up severely compromising many important issues like health, relationships, and other commitments. People like these end up being lonely, isolated, and irritated all the time.



The world operates on the stability and security that rules provide, however rules that are too stringent are counterproductive, almost all the times. A person needs to remember that although setting high standards for oneself is not a bad thing per se, but too much of everything – even a good thing – is bad.