



You can use this tool to assess yourself on whether or not your desire for making things perfect is actually standing in the way of achieving goals.

Rate how you react to the situations as:

**1 - Rarely**      **2 – Sometimes**      **3 – Usually**

QUESTION	RATING
I don't accept work that fails to meet my high personal standards.	
I rework reports and letters until they are excellent.	
I miss deadlines because I need to fix work that is not up to scratch.	
I criticise friends and family for their poor performance.	
I rework jobs that have been completed by my employees.	
I feel intense embarrassment if any errors are discovered in my work.	
I cause resentment in my employees because I criticise them.	
I can't bear to accept help or advice from people.	
I resist delegation because I know I'll need to redo the work.	
I put off projects if I have any doubt that I can do a perfect job.	
If I want a job done properly, I have to do it myself.	
<b>TOTAL</b>	

### AM I TOO MUCH OF A PERFECTIONIST?

Add up the scores. If you have a total higher than 21, you can probably be more productive by rethinking when you demand your highest standards.