

# Perfectionism And Food



- Perfectionists tend to set goals of unreasonable excellence with no learning curve. Gyms are loaded with perfectionists on January 1st of every year. Statistics show that 90% of people quit their gym memberships after three months when they started on January 1st. Why? Because they approach health and fitness with an all-or-nothing approach. Exercising without days off, eating 1000 calorie diets, and expecting to lose 20 pounds in a month. It's a recipe for failure.

- Strive for small changes over time. An all-or-nothing approach to nutrition is highly perfectionistic and rarely equals long-term success.

- Early childhood experiences such as having a parent with unrealistically high expectations can create perfectionism.

- Perfectionism can create procrastination, mainly due to fear of judgment or approval from others.

- Instead, set SMART goals; meaning goals that are: Specific, Measurable, Attainable, Relevant and Time-Based.

- Those who wrestle with perfectionism tend to have a critical voice in their head telling them they're not trying hard enough, and they're not good enough. If you're going to overcome perfectionism, you must work on changing this little voice! Reframe negative self-talk by picturing a STOP sign every time that negative voice slips in.

- One important way to recover from perfectionism is to begin focusing more on the process of reaching a goal, rather than just focusing on the goal itself. Immerse yourself with support through learning.

- When we allow ourselves to make mistakes, we can see that it's not the end of the world when we fail. Mistakes are opportunities for us to learn, grow, and do better. Sometimes, with nutrition and fitness, it can be three steps forward and two steps back, and that's perfectly okay.

- By becoming more aware of our patterns, we're in a better position to alter them and create better habits, in particular with nutrition, that lead to lifelong health.