



Transformation happens when we build our awareness and act in alignment with who we are and what we value.

# FROM PERFECTION TO TRANSFORMATION

Reflection questions from *Goodbye, Perfect*.

8 questions to **distance you from Perfect** and 8 questions to **align you with Authentic**

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## Reflection questions to distance:

1. Where is your life are you striving to be perfect?
2. What are the thoughts or behaviors you're engaging in as a result?
3. How are they keeping you from being true to your needs, desires or self-expression?



4. When you reflect of the major influences on your life (people, events, circumstances...), what beliefs may have developed as a result?

5. Which of these are unhelpful or disempowering?

6. Do your perfectionist thoughts and behaviors make sense given these beliefs and experiences?



7. Given that true confidence emerges from living in alignment with ourselves—and leads to self-actualization—what changes can you make to be true to who you are and what you want?

8. What stops you?



## Reflection questions to align:

1. Do you have a loud inner critic voice? When does it show up? What does it say?
2. How can you distance yourself from the voice? Have you tried being kinder and more accepting of yourself?



3. Do you tend to be judgmental of other people (at work or at home?) How can you learn to see the good in them?
  
4. Where in your life are you afraid of speaking up, or avoiding an important conversation? How will you advocate for yourself?



5. Do you feel you're doing the work you're meant to do at this stage in your life?

6. What are some of the ways you can bring more joy and meaning into your work?



7. Is self-doubt, or being comfortable where you are, stopping you from taking action? What are some ways you can build the courage to act?

8. Is the Imposter Syndrome a nagging feeling in your life? When does it show up, and what are some of the ways you can remind yourself that you're deserving of the praise or success?



As you live in alignment with who you are and what you want, don't forget to stop and smell the roses. Little joys are the essence of life—and they are everywhere for your taking.

To your beautiful life!



## About Homaira

Homaira Kabir holds a dual Master's degree in Coaching Psychology and Positive Psychology—the science of human flourishing and wellbeing—from the University of East London and has over a decade of experience as a wellbeing and women's leadership development coach. She is the founder of the [Goodbye Perfect Project](#), which she launched with the mission to bring science-backed, soulful support to help people break free of unhelpful patterns and own their purpose, voice, and impact. She has been featured in *Forbes*, *Happify*, *Thrive Global*, and *The Huffington Post*, and more. She has presented at TEDx on the topic of *Belonging* and facilitated workshops at Positive Psychology conferences and in organizations such as Logitech, PwC, Earthjustice, and more. She is the author of [Goodbye Perfect: How To Stop Pleasing, Proving and Pushing For Others... and Live For Yourself](#) (Sourcebooks)

