



What's good enough?

Too often, we assume (without even realising!) that it's not enough simply to achieve our goals – we need to do so *excellently*. As a result, we end up stressed and perfection-obsessed. The fact is that you don't need to aim for excellence. Good enough is good enough. The problem is that we're so focused on excellence that we can't even see what 'good enough' would look like. Here's an exercise to help you sketch out that space between 'good enough' and 'excellent'.

What to do

Pick a goal that's important to you. Write a brief sentence to describe what 'excellent' would involve for this goal. Chances are, this is what you're implicitly aiming at. Then write another brief sentence to describe what 'good enough' would look like. This is all you need to aim at! You can add another couple of sentences to describe the space in between 'good enough' and 'excellent' ... because there's *plenty* of space in between.

Here's an example:

<i>My goal:</i>	<i>Finish writing my thesis by the end of the year</i>
<i>Good enough:</i>	<i>Write a thesis that will pass</i>
<i>Good enough +1</i>	<i>Write a thesis that will pass with no corrections</i>
<i>Good enough +2</i>	<i>Write a thesis that will get me a publishing deal</i>
<i>Good enough +3</i>	<i>Write a thesis that will get me a publishing deal and land me a job</i>
...	
<i>Excellent:</i>	<i>Write a thesis publishable by my favourite publisher with no edits, and that will land me a job, and finish it 2 months early</i>

Ready to try it for yourself? Turn the page for a template.



My goal: _____

Good enough: _____

Good enough+1: _____

Good enough+2: _____

Good enough+3: _____

Excellent: _____

Finally, can you identify a few things that you're currently doing as you pursue excellence in this goal, and which you can stop doing when you drop 'excellence' in favour of 'good enough'?

1. _____

2. _____

3. _____

4. _____

5. _____