



## WEALTH ADVISORS

Serving Your Life & Legacy

### Perfectionism vs Striving for Excellence

Hello Dennis,

"Perfectionism is a personality trait characterized by a person's concern with striving for flawlessness and perfection and is accompanied by critical self-evaluations and concerns regarding others' evaluations". This can lead to depression, anxiety, low self-esteem, fatigue, absenteeism, and an unhealthy employee environment. While striving for excellence, is about pushing ourselves to be the best that we can be. We're constantly challenging ourselves to grow and improve. It's not about being perfect - nobody is perfect! - but it is about always giving our best effort. This leads to fulfillment, satisfaction, positive self-image, and a happy healthy fulfilled life. So how do we encourage are students' employees, spouses, and family members to change how we think. It's not always easy to be on our "A" game, we all have off days when we just don't feel like putting in the extra effort. But if we can encourage those around us to push through those moments and continue striving for excellence, we'll be much happier in the long run. Look at the articles included in this newsletter and let's commit to making the world a better place one person at a time.

Thank you,  
HFS Wealth Advisors Team

Strive for  
excellence,  
not  
perfection.

### Perfectionism vs Striving for Excellence

March 14, 2024

If one end of the spectrum is perfectionism, and the other is fear of failure, then which one is...

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Schedule a meeting



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Feb. 29, 2024



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Feb. 28, 2024

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