



# The Two P-Words to Avoid

“Perfection” and “Procrastination” are Related and Intertwined:

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What is the definition of “Perfection”? According to Wikipedia: “Perfection is a state...of completeness, flawlessness, or supreme excellence...”. So why do you put off chipping away at that looming project or task that is due soon or past due? Such as putting in an hour or so on your taxes or cleaning your car to tidying up your desk even just a bit? You procrastinate by putting it off as you subconsciously or consciously don’t have to deal with doing it perfectly right now. Doing something perfect takes much mental focus, energy, and time. What if you say to yourself: “ I don’t have to do it perfectly, I just have to do it the best I can now, even if it is just a bit of it, and chip away at it right now or today”. In music making, expectations of always being in a “Perfect” state of flawlessness may lead us to mental exhaustion and using more mental energy than necessary. What if you instead say to yourself: “ I don’t have to do it perfectly, I just have to do it the best I can now, and my end goal is eventual progression”.

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