

Topic.Ninja

Seek constructive feedback from others.

Engage in open communication about expectations and concerns.

View mistakes as opportunities for learning and growth. Analyze mistakes to understand underlying causes and improve.

> Prioritize self-care activities to reduce stress and anxiety. Engage in activities that promote relaxation and mindfulness.

Adopt a mindset that values effort and resilience over perfection. Focus on the process of learning and development.

Acknowledge and celebrate achievements, no matter how small. Reward yourself for stepping out of perfectionistic patterns.