

#PERFECT

Progress Over Perfect: 7-Day Challenge for Perfectionist Kids

Ages 8–14 · Daily prompts + conversation starters

Perfectionism isn't a strength. It's anxiety wearing a costume. This 7-day challenge builds tolerance for imperfection — starting small and increasing gradually.

The 7-Day Challenge

1 Day 1 · Do it messy on purpose

Draw something without lifting the pen. Write a paragraph without deleting. Cook something without measuring exactly. The goal: finish something imperfect and notice it doesn't collapse.

2 Day 2 · Name one mistake out loud

At dinner or before bed: share one mistake from the day — not a small one. No lesson, no solution. Just: 'I made a mistake and that's okay.'

3 Day 3 · Try something you're bad at

One activity they avoid because they're not good at it yet. 20 minutes. No comparison, no judgment. At the end: 'What did you try?'

4 Day 4 · The progress log

On a piece of paper: one thing they couldn't do a year ago that they can do now. Then one thing they can't do yet that they want to learn. Tape it somewhere visible.

5 Day 5 · The 'good enough' test

Pick one task and stop before it's perfect. Turn it in, hand it over, serve it. Notice: what actually happened? (Usually: nothing bad.)

6 Day 6 · The compassion flip

Think of someone they admire. Ask: 'Does that person ever make mistakes?' Then: 'How do you think they talk to themselves when they do?' Apply the same standard.

7 Day 7 · Write the rule

On a card: 'I am allowed to be imperfect. I am still valuable.' Their words, their handwriting. Keep it.

5 Parent conversation starters for perfectionist moments:

1. 'What are you most afraid will happen if this isn't perfect?'
2. 'What would you tell a friend who was feeling this way?'
3. 'Is the goal to be perfect or to keep learning?'
4. 'What part of this process did you actually enjoy?'
5. 'What would you do if you knew you couldn't fail?'



¿QUIERES PROFUNDIZAR?

Este recurso es solo una muestra de las herramientas del libro *El Pequeño Estoico*. Cuentos y actividades que enseñan a los niños a ser fuertes, tranquilos y sabios. Filosofía estoica, inteligencia emocional y crianza consciente para niños de 5 a 12 años — todo en historias bellamente ilustradas.

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