



Are You a Perfectionist?

A QUIZ

1. Does your self-worth tie back into what you do in your career, who you help, or the impact you make?
2. Do you have trouble saying no because you worry that you will miss an opportunity?
3. Do you have trouble receiving compliments?
4. Do you find yourself feeling restless after having too much down time?
5. Do you feel anxious seeing blank spots on your calendar?
6. Do you have more than seven things on your to-do list at any given time?
7. Is work a big part of your identity?
8. Do you work on vacations?
9. Do your loved ones and friends say they don't see you enough?
10. When someone asks how you are, is your first response to say "busy"?
11. Do you struggle with self-care?
12. Do you ignore warning signs that something is off balance in your life?
13. When you are overwhelmed or overworked, do you find yourself trying to control people or things?
14. Do you have trouble giving up control?
15. Do you worry what other people think of you?
16. Do you suffer from the 'shoulds,' believing things should be done well regardless of your efforts?
17. Do you have trouble celebrating milestones in your personal or professional life?
18. Do you find yourself jumping to a new project as soon as a large task is completed?
19. Are you happiest when creating something new?
20. Do you enjoy networking and leadership roles?
21. Do you struggle with asking for help from others, including delegating tasks?
22. Do you find yourself living in the future, with goals and plans in mind?

Give yourself one point for every question you answered "yes" to above.



Anna Riley **0-8 points**

You are a master at balancing your love for working with time for meaningful relationships. You are passionate about your work and enjoy what you do, however, you are not against taking a spontaneous day off, meeting a friend for lunch, or pursuing hobbies outside of work to stay a well-rounded person. People are inspired by you, enjoy working with you, and find you energizing to be around.



Steve Macintosh **9-16 points**

You struggle with the vulnerability that comes from making your dreams a reality. You can come off as hard to work for if you don't keep your perfectionist and controlling tendencies in check. Once you find your groove, you have free rein to create and improve the world, inspiring others to join you in the journey to innovative greatness.



Tony Stark **17-22 points**

You are seconds away from burnout, poor health, or losing relationships that matter to you because of your workaholic tendencies. You've been known to ignore the warning signs of your own decline and tend to hide behind a productive persona of busyness. Your relationships struggle to see you regularly and when they do, you are distracted by work. Find balance over burnout before folks force you to take a mandatory vacation in some obscure desert cave.