

45 Affirmations for Submitting Work That Is Good Enough

A moment to pause, reflect, and choose a useful next step.

1. Meeting the purpose can be a reasonable definition of done.
2. I do not have to remove every imaginable flaw before sharing.
3. I can check the agreed requirements carefully.
4. I can submit through the correct channel.
5. I can distinguish a deadline from a demand for perfection.
6. Good enough can mean fit for its actual purpose.
7. A draft should be judged by whether it supports the next useful revision.
8. I can separate a meaningful error from an optional preference.
9. Finishing does not require exhausting every possible improvement.
10. I can correct a meaningful error.
11. I can leave optional polish for another version.
12. I can meet the actual deadline.
13. I can save the final file clearly.
14. I can submit without predicting every reaction.
15. I can let the work serve its intended purpose.
16. I can acknowledge completion before planning improvements.
17. I can put the materials I need where I can reach them.
18. I can remove a step that adds effort without serving the purpose.
19. I can correct a real error before submitting.
20. I can note confirmation of receipt.
21. I can notice the cost of endless polishing.
22. I can define enough before endless refinement becomes the default.
23. A middle stage may look disorganised while the pieces are still developing.
24. I can let learning be visible in the work of a beginner.

25. I can stop using a missed target as evidence that every future target is pointless.
26. A missed session can lead to a better plan rather than a harsher promise.
27. I can protect essential work by declining an optional addition.
28. I can avoid reopening a completed submission without reason.
29. I can trust a careful final check.
30. An imperfect attempt can reveal a specific skill to practise.
31. I can share early work with someone prepared to respond to early work.
32. I can value feedback that makes the next attempt more specific.
33. I can notice which conditions make returning to the task easier.
34. I can notice when a simple system saves repeated effort.
35. I can appreciate support without giving away credit for my own effort.
36. I can recognise the skill of choosing what matters most.
37. I can name what would count as sufficient.
38. I can accept that feedback may still arrive.
39. I can leave an imagined critic out of the last minute.
40. The purpose of the work can guide the standard I apply.
41. A partial step can matter when the full version is unavailable.
42. I can decide what to carry into the next stage and what to leave behind.
43. My effort can matter even when the final outcome remains uncertain.
44. I can make room for a life outside the goal I care about.
45. I can stop expanding a task after its actual requirements are met.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/submitting-work-good-enough-affirmations/>