

21 Affirmations for Perfectionism When Making a Simple List

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

1. I can make a useful imperfect list.
2. I do not need every possible item included.
3. I choose a format I can read easily.
4. I can add a missing detail later.
5. I let a crossed-out word remain visible.
6. I do not have to rewrite for neatness.
7. I keep the next action clear.
8. I can separate essential tasks from optional ideas.
9. I do not need a perfect order before beginning.
10. I use the list for doing rather than display.
11. I can stop organizing when the purpose is met.
12. I leave space for changes.
13. I do not need an elaborate system for a small task.
14. I can choose one place to keep the list.
15. I notice when formatting replaces action.
16. I do not have to make the page reflect my worth.
17. I can use a short phrase instead of a full sentence.
18. I let a working note look ordinary.
19. I can act on the first relevant item.
20. I choose clarity over decoration.
21. I allow the list to carry work rather than create it.

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/affirmations-perfectionism-making-simple-list/>