

21 Affirmations for Perfectionism When Following Instructions

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

1. I can follow the important requirements carefully.
2. I do not need to guess hidden rules.
3. I ask about a consequential ambiguity.
4. I can distinguish a requirement from a suggestion.
5. I use an example where available.
6. I do not have to make every movement identical to a demonstration.
7. I can check a key step before proceeding.
8. I let practical judgment have a place.
9. I do not need to restart after an irrelevant variation.
10. I can keep safety instructions clear and specific.
11. I respect the limits of my understanding.
12. I do not have to pretend all directions are well written.
13. I can request a clearer sequence.
14. I use the intended result to guide ordinary choices.
15. I do not need a perfect first attempt.
16. I can correct a real error.
17. I let a checklist support rather than judge me.
18. I can pause when clarification matters.
19. I notice when repeated checking adds nothing.
20. I choose accurate completion over unnecessary exactness.
21. I learn a process by using it thoughtfully.

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-following-instructions/>