

Overcome stress doubts &  
fears, see crises as chance,  
make more money, learn  
courage risk management &  
resilience, achieve goals with  
emotional intelligence

Simone Janson (ed.)

# **FUCK YOU. PERFECT**



**Best of HR - Berufebilder.de®**

# **Fuck you, Perfect**

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# **Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book**

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

## **Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback**

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

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Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because the ideal of perfection rules our working world as well as society and the Internet in particular constantly conveys images of successful, ambitious and happy people. But that not infrequently leads to pressure, stress, problems and overload up to fears and depression. The unfortunate result: false ambition has too tight a grip on many people: They want the wrong thing too much and too quickly, but at the same time they lack the ability to develop their own potential. It would often be enough to take a step back and change well-established behavior patterns, but often enough aggression, fears and other negative emotions block the way. The good news is that we can make a lot of things easier for ourselves with self-efficacy than we think. For example, when we set priorities when making decisions, we break away from our own exaggerated claims to perfection, become aware of blockades such as procrastination traps, avoid uncertainty through unproductive brooding, learn to deal with loss of control in a relaxed manner and thus gain the ability to be more flexible even in the face of the unforeseen To respond to events. This book shows how to do it.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.



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# **Perfectionism and fear of failure: all or no change**

## ***// By Tom Diesbrock***

Do you know that? "Yes, I would very, very much like to change my job! But if I'm looking for a new job, it should of course also be my dream job. I have some good ideas - but unfortunately they're all too big to be implemented. Unfortunately I have to stay where I am. What a shame."

### **The way to the dream job**

Some people have big professional dreams, and that is also very good. One would like to be a test pilot, the next development worker, another would like to run his own company.

Not all professional projects are accessible to everyone - some dream jobs are almost impossible due to certain factors such as age or physical fitness. Others require years of construction work or commitment that can not be achieved at the moment.

### **In small steps to success**

Nevertheless, such a great professional goal can be helpful in any case: Either I find out what interests me so much, and try to find another, more easily realizable activity, which aims in a similar direction.

Or I look at my dream as a long-range goal and concentrate on the first steps in this direction. So far, so constructively.

### **Better a growling stomach than no pancake**

But it is also different: I can use a career as an argument, so that I do not have to move from the spot. As if I were very hungry, would now like to eat pancakes, but unfortunately they are not on the menu.

So I prefer to eat nothing with a growling stomach and rave about how delicious pancakes are now - not a sensible strategy.

### **Caution If-trap**

I call such a mechanism an if-trap: By making my actions dependent on a certain condition that will not happen with great certainty, I avoid being active and perhaps realizing the second best idea.

So I have a "good excuse" for myself and others for remaining hungry and dissatisfied. For example, if I have been an accountant for years and my job is