

Using a Perfectionist Mindset to Support your Nutrition

The Perfectionist Mindset

- **Exceptionally high standards:** And when met, the bar continues to move higher!
- **All-or-nothing thinking:** If it's not perfect, it feels like a failure.
- **Harsh inner critic:** Difficult to praise yourself, easy to play down your achievements.
- **Procrastination:** Avoiding starting because the result might not be perfect, or the conditions aren't yet perfect.
- **Constant comparison:** Measuring yourself against the best or an idealized version of others.
- **Over-responsibility:** Feeling like everything depends on you (no one else will do it perfectly!)
- **Difficulty delegating:** "I'll just do it myself" feels easier and safer.



Which of these
resonate with you?

Negative Nutrition Impacts

1. “Good vs. bad” food thinking

- Foods become morally charged (“clean,” “cheat,” “ruined”).
- One “imperfect” choice can trigger guilt or restriction.

2. All-or-nothing eating

- “I already messed up today, so why try?”
- One unplanned food leads to abandoning balance entirely.

3. Ignoring body signals

- Hunger, fullness, or satisfaction get overridden by rules or standards.
- Eating becomes about doing it perfectly, with little room for manoeuvre.

4. Paralysis by planning

- Too much planning and difficulty choosing foods.
- Meals get skipped because they can’t be “optimal.”



Have any of these
impacted you?

Positive Nutrition Turnarounds

1. ~~“Good vs. bad” food thinking~~ “Neutral” food thinking

- Work on viewing food in a neutral manner
- Curious, non-judgemental, inquisitive
- Refer to Rob’s full call on this from last week!

2. ~~All or nothing eating~~ “Adapting to Perfection”

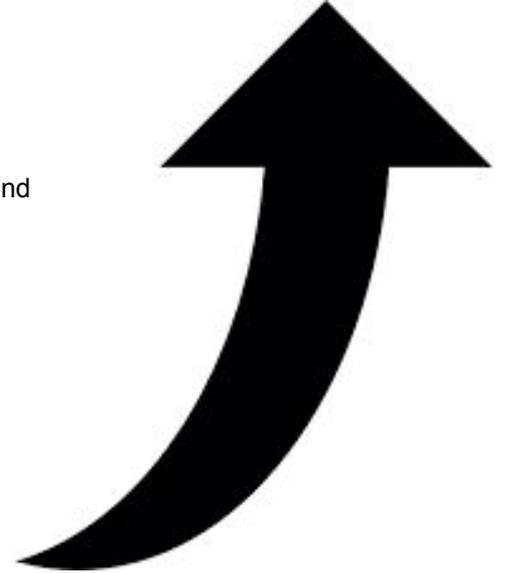
- “Adapting to Perfection” - call on the positive perfectionist tendencies to reroute thinking and subsequent actions
- Measured adjustments, strong follow through, the “new perfect”
- Step out and back in

3. ~~Ignoring body signals~~ “Challenge of Change”

- Welcome the ‘challenge of change’ - opportunity to perform at a higher level
- Positive tests to develop your skill set
- Information to be used to grow, improve and become stronger

4. ~~Paralysis by planning~~ Overcome with knowledge

- Knowledge e.g. WADS outliers (cottage cheese, greek yoghurt, seitan).
- 5-10% leeway on nutrition targets
- Support of coach and community



Which one of these will
you focus on this
week?

Takeaways/ Questions