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Or use QR code

A screenshot of the Menti poll interface. At the top, it says "Menti" and "MDMC 2018". Below that, there are icons for a share and a refresh. The main section is titled "Select which slide to add" and shows a list of slides. The first slide, which contains the QR code, is highlighted with a blue border. There are also navigation arrows on the right side of the slide list.

THE PERFECTION TRAP

How To Stop Overthinking and Start Creating

Danielle Oser

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ASK ME ABOUT MY UN-FINISHED PROJECT

QUICK SHOW OF HANDS...

**How many of you have
something unfinished
right now?**

WE'RE NOT STUCK

We're stalling

**We tell ourselves we're
polishing...**

But really, we're avoiding

THE TRAP

**Perfectionism looks like
productivity**

But nothing is actually

MOVING FORWARD

PERFECTIONISM =

Avoiding the Next Decision

**You're not stuck on
perfect...**

You're stuck deciding

WHEN YOU'RE SPINNING

What's driving it?

One word ... When you are spinning or stuck ... what are you feeling?



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Waiting for participants



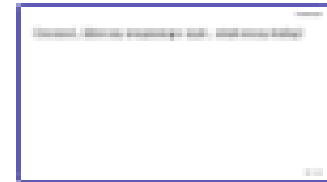
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Select which slide to add



WHY DO WE DO THIS?

Pressure - Fear - Control

WHAT ARE YOU AVOIDING?

**SO HOW DO YOU
MOVE FORWARD?**

**Lower the bar
and start ugly**

IT'S ONLY ...

**One ... Little ... Quick
Tweak**

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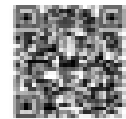
Be honest ... have you done this exact thing this week?



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Select which slide to add



Slide 1: QR code linking to the poll

Slide 2: Results of the poll

Slide 3: Results of the poll

Slide 4: Results of the poll

NOTHING IS ORIGINAL

Everything is a remix

**YOU CAN'T
EDIT A BLANK PAGE...**

**And you can't improve
something that
doesn't exist**

PERFECT IS NOT THE GOAL

Perfect delays...
Done moves

THE COST

**What has trying to get it
right cost you?**

THE REAL COST?

Ideas sit too long
Works slows down
Teams overthink
Confidence drops

While we're waiting...

Nothing moves

**What's sitting unfinished
for you right now?**

**Unfinished work
follows you...**

It takes up space

THE PATTERN

Refine
Overthink
Avoid
Restart

THE PERFECTION LOOP

Idea
Doubt
Overwork
Delay
Restart

WAIT FOR PERFECT

Wait forever

**Make a smaller decision...
Define the next version**

Done > Perfect

PROGRESS LOOP

Idea
Start Rough
Get Feedback
Adjust
Ship

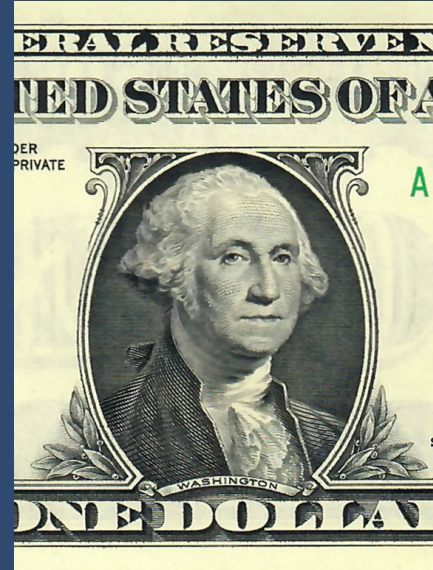
**The difference
isn't talent...**

**It's tolerance
for imperfect action**

UNFINISHED ≠ FAILURE

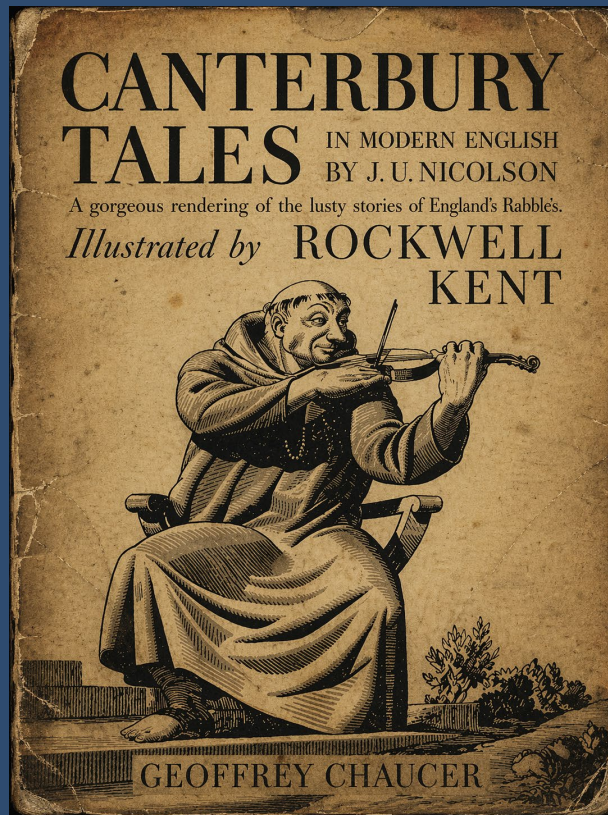
It's part of the process

George Washington Portrait

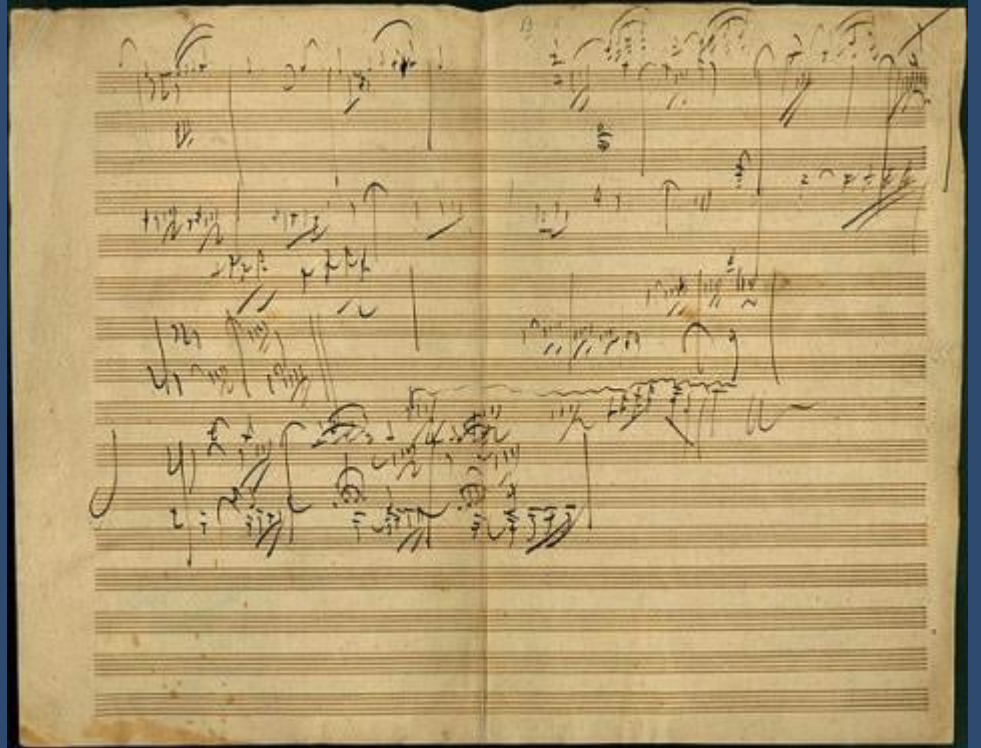


Unfinished
still draws
people in...

The Canterbury Tales



**And that's
not
the only
example**



People
don't wait
for finished



**The work we admire
most isn't perfect...**

IT EXISTS

If perfect isn't the goal

Now what?

**When you're stuck, you
only have 3 options**

Quit - Scale - Finish

Done is a strategy...
Not a compromise

**Done gives you
something to improve**

PERFECT IS IMAGINARY

**Done moves
your work forward**

MOMENTUM CREATES BETTER WORK

**You can't improve what
you haven't started**

BEFORE YOU LEAVE

**What is one thing
you will finish this week?**

What is one thing you will finish this week?



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Waiting for your responses.

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3 KEY TAKEAWAYS

Perfection = decision avoidance

**Progress requires something
imperfect**

Done creates momentum

THANK YOU!

Now ...

Go finish something