Perfectionism versus “Doing Things Well”

Instructions:
Perfectionism is about the unrealistic expectations that people might have for themselves and for other people in their life. This is different from doing things well or doing things the best you can. Below are a number of phrases that correspond with perfectionism OR doing things well. Your task is to identify whether the phrase is about perfectionism or doing things well. Draw a line to the correct phrase at the bottom of the page.