



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #421

Tom Curran

Are you stuck in the relentless pursuit of perfection, always aiming for that flawless outcome? Do you hesitate to take action, move forward, or take a risk for fear of failure?

Join me in this episode of the [Success Through Failure podcast](#) as I chat with Thomas Curran, the man behind "The Perfection Trap" and a world-renowned expert on perfectionism. He's here to reveal how trying to achieve flawlessness in our everyday lives actually prevents us from achieving what we're truly capable of... like an endless chase of success's shadow!

We'll explore how you can reframe your relationship with failure, embrace your inner imperfections, and utilize self-compassion as part of your toolset for success. Many well-known, high-achieving personalities— like Steve Jobs, Taylor Swift, and then some— don't live perfect lives. So why should you?

Listen to today's conversation and learn how to happily thrive in your life by focusing on progress, not perfection!

Top Quotes From This Episode

"Perfectionism is [problematic] because it comes from a place of deficit, a place of lack."

"There's no problem with working hard, wanting to do well, having aspirations, having high goals. All of those things are great. The difficulty becomes when it starts to take over your entire existence, and your lifestyle, and your life."

"Perfectionism doesn't correlate with performance because perfectionists are world champion self-sabotagers."

"Rekindle a sense that what matters is not making it, but rather living with purpose and meaning."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode! \(0:40\)](#)**: Share the podcast on social media by tagging me and using the hashtag #STFpod:
 - a. **Facebook:** [@jimharshawjr](#)
 - b. **Twitter:** [@jimharshaw](#)
 - c. **Instagram:** [@jimharshawjr](#)
 - d. **LinkedIn:** [Jim Harshaw, Jr.](#)
- **Factors in perfection's perceptions today (2:48)**: Tom points out some things that are contributing to how people see perfection today: social media, social expectations, and more.
- **Doing better vs. being flawless (4:03)**: Crossing signals on values can get us into trouble faster than we realize.
- **Letting things go (7:48)**: We can't control everything in life, no matter what the world may tell us— and we don't know how stories turn out.
- **No correlation between perfection and performance (11:38)**: Why the mindset behind perfection is based on deficit and avoidance.
- **Success despite perfectionism (14:28)**: How being faultless can actually be a hindrance, not an advantage.
- **Embracing the lack of perfection (21:57)**: The (somewhat) ironic twist that success asks for detachment from outcomes.
- **Some techniques to get started (23:17)**: Self-compassion and reframing one's beliefs on success and failure are good starting points for those committed to change.
- **What's an action item the listener can take in the next 24-48 hours? (27:49)**: Take a moment to sit down and contemplate how you engage with perfectionism. If you fail, will things really go that badly? And do you actually believe that?

List of Resources Mentioned in the Episode

Thomas Curran's book, ["The Perfection Trap: Embracing the Power of Good Enough"](#)

Stephen Covey's book, ["The 7 Habits of Highly Effective People: 30th Anniversary Edition"](#)

[TEDx Talk] [Why I teach my children to fail | Jim Harshaw | TEDxCharlottesville](#)

[TED Talk] [Our dangerous obsession with perfectionism is getting worse | Thomas Curran](#)

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

How to Leave a Rating and Review for STF on iTunes

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

Guest Website and Social

Thomass Curran

[Website](#) | [Twitter](#) | [LinkedIn](#)