



WEEK 9

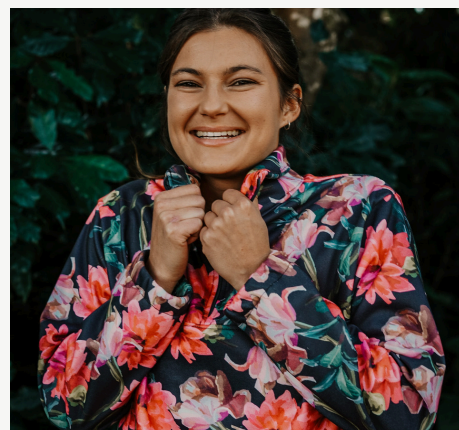
WORKBOOK

PURSUING EXCELLENCE
OVER PERFECTION



"Excellence is a habit, perfection is a
prison."

Hey Champion



I used to think champions were perfect. That they never made mistakes, never had bad days, never struggled. Then I learned the truth: champions are just as messy as everyone else. The difference is they don't let the pursuit of perfection paralyze them.

I spent years being my own worst critic. One small mistake would spiral into hours of self-criticism. "You should have been better.

You should have seen that coming. You should be perfect by now."

That word "should" was destroying me.

My sports psychologist asked me: "Cailie, if you demanded perfection from your teammates the way you demand it from yourself, would they want to play with you?"

The answer was obvious: No. I'd be a terrible teammate.

So why was I being such a terrible teammate to myself?

That's when I learned the difference:

Excellence says: "I will give my absolute best and learn from every experience." Perfectionism says, "Anything less than flawless is failure."

Excellence builds champions. Perfectionism destroys them.

This week, we're learning to chase excellence while releasing the toxic grip of perfectionism.

Let's learn to be excellent without being perfect.

Cailie

Excellence = Effort + Learning + Self-Compassion

09

PURSUING EXCELLENCE OVER PERFECTION

Diana Taurasi, the WNBA's all-time leading scorer, built her career on one philosophy: "I've never played a perfect game, and I never will. But I can chase excellence every single day."

Early in her career with the Phoenix Mercury, Taurasi was known for taking difficult shots and making costly mistakes in crucial moments.

Critics questioned her decision-making and wondered if she was too selfish to lead a championship team.

Instead of playing it safe, Taurasi embraced her failures as learning opportunities. After difficult losses, she'd stay after practice to work on the shots she missed, always pushing boundaries.



Excellence as Daily Practice

Perfect is the enemy of great," Taurasi says. "If I worried about missing shots, I'd never take the shots that win games. Excellence means taking calculated risks and learning from every outcome."

This mindset led to three WNBA championships, five Olympic gold medals, and a legacy as one of basketball's greatest competitors. At age 41, she continued playing at an elite level because she never stopped pursuing excellence.



The Taurasi Principle:
Champions pursue excellence, not perfection, understanding that growth comes from pushing boundaries and learning from failures.

Cailies Takeaway:

I used to think champions were perfect, but I realized that perfectionism is harmful. Excellence means doing your best and learning, while perfectionism views anything less than flawless as failure. This week, we focus on embracing excellence without pursuing perfection.

Diana Taurasi taught me that you can't be 'great' if you're afraid of being 'messy.' Excellence isn't about the shots you make; it's about having the courage to take the next shot after a miss.

Excellence = Effort + Learning + Self-Compassion

CORE LESSON: The Excellence Mindset

The Perfectionism Trap



Perfectionism tells you:

Mistakes prove you're not good enough

Perfectionism tells you:

Anything less than flawless is failure

Perfectionism tells you:

You should never struggle or need help

Perfectionism tells you:

Success means zero errors

Perfectionism tells you:

Your worth depends on being perfect

CORE LESSON: The Excellence Mindset

The Excellence Approach



Excellence tells you

Mistakes are data for improvement

Excellence tells you

Success is about consistent effort and growth

Excellence tells you

Asking for help shows wisdom, not weakness

Excellence tells you

Progress matters more than perfection

Excellence tells you

Your worth is separate from your performance

Signs You're Trapped in Perfectionism

- Avoiding challenges where you might fail
- Obsessing over small mistakes for hours/days
- Never feeling satisfied even after wins
- Comparing yourself constantly to others
- Procrastinating because it won't be "perfect"
- Harsh self-criticism after every performance



The 10-Second Rule:

After a mistake, take 10 seconds to feel it, breathe, and refocus on the next action

Perfectionism is a "toxic grip" that can paralyze you with the fear of making mistakes. This quote, "Excellence is a habit, perfection is a prison," - emphasizes that while perfection traps you in a cycle of self-criticism, excellence is something you can build every day through consistent effort and growth.

“

*Building the Excellence Mindset:
Focus on effort, not just outcomes
Celebrate progress, not just perfection
Learn from mistakes without shame
Take risks that push your growth
Be kind to yourself in the process*

-CAILIE DEN BAKKER



Excellence = Effort + Learning + Self-Compassion

WEEK 9 WORKSHEET:

EXCELLENCE OVER PERFECTION

PART 1: THE REFRAME CHALLENGE

Perfectionism tells you that anything less than flawless is failure. Use the space below to reframe these toxic "should" thoughts into excellence-based growth.

Old: "I made a mistake, I'm terrible."
New: "I made a mistake, here's what I learned."
Old: "I should have played perfectly."
New: _____
Old: "Everyone saw my mistakes."
New: _____
Old: "I can't believe I messed that up."
New: _____

PART 2. PRACTICAL TOOLS

The 10-Second Rule:
After a mistake, give yourself exactly 10 seconds to feel it. Then move on.
Seconds 1-5: Acknowledge the emotion
Seconds 6-8: Take a breath
Seconds 9-10: Refocus on next action

Define what "good enough" looks like:

MY EXCELLENCE STANDARDS

PERFECTIONISM ASSESSMENT:

Rate how much each applies to you
(1-5, 5=very true):

I replay mistakes over and over: ____/5

I feel like failure if not perfect: ____/5

I avoid trying new things where I might fail:
____/5

I'm never satisfied with my performance:
____/5

I criticize myself more than encourage: ____/5

I compare myself constantly to others: ____/5

ASSIGNMENT: Practice Self-Compassion

Track your self-talk for one week and practice reframing harsh criticism into encouragement.



SUBMIT TO ME:

- Your excellence standards
- Your mistake recovery protocol
- Self-compassion tracking results
- One example of choosing excellence over perfection

AFFIRMATION

I pursue excellence, not perfection. I learn from every experience. I am growing stronger every day."

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

DATE :	MOOD :
--------	--------

DAILY JOURNAL

Write down your thoughts on how today was for you.
write down your goals for tomorrow in the block below.

GOAL

-
-
-
-
-
-

Be
Strong
in the
Lord
- Ephesians 6:10

CHAMPION MINDSET
WITH
CAILIE DEN BAKKER