Question 6

What Would Your Life Be Like If You Focused on Progress Rather Than Perfection?

Reflection

Perfection whispers that you're never quite enough. It tells you to wait until everything is flawless before you can begin, share, or celebrate. But perfection is a moving target and chasing it often keeps you stuck.

Progress, on the other hand, honors movement. It celebrates the small steps, the messy drafts, the lessons learned along the way. Progress reminds you that growth doesn't come from flawless execution, but from showing up again and again, learning, adjusting, and moving forward.

What if you released the grip of perfection and embraced progress instead? What doors might open if you allowed yourself to be a work in progress still growing — still learning, still moving forward with courage?

Why This Matters

Shifting from perfection to progress gives you:

- Freedom: to try, fail, and try again without shame.
- Momentum: each small step building towards something bigger.
- Joy: celebrating milestones along the way instead ting for the finish line.

Progress is what turns ideas into action and dreams into reality.

Journaling Prompts

Reflect on where perfection has held you back and where progress can move you forward:

1. Where in your life has striving for perfection stopped you from starting?
2. What recent example shows how imperfect action still brought value or growth?
3. What would it look like to celebrate progress as much as you celebrate outcomes?
4. What is one area where you could choose "done" over "perfect" this week?


What would your life be like if you focused on progress rather than perfection?
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Insight Capture

Key Insight I Gained:

One Next Step I Will Take:

What's Next

Perfection keeps you paused. Progress keeps you moving forward. When you're ready, ask yourself:

What would your life be like if you fully embraced your ability to make a difference?

Click here to download the journal pages for this question.

Want to go deeper? Click here to get the full published What If? 12-Question Reflection Journal on Amazon.

The HUMBLE Pathway

This reflection is part of the HUMBLE Pathway, a heart-centered framework designed to help you navigate transition with clarity, confidence, and purpose. Each step offers gentle guidance for creating a meaningful next chapter.

Honor Past Achievements

This is where you will explore the experiences, milestones, and lessons that shaped you.

Unleash Inner Power and Wisdom

This is where you will align with your passions, core values, strengths, and skills.

Map Out Your Vision

This is where you will embrace what's possible for your next chapter.

Build Your Blueprint

This is where you will create a clearroad map with goals and action steps.

Leverage Supportive Connections

This is where you will surround yourself with people and communities that uplift you and support your next steps.

Embody Your Legacy

This is where you begin to live your legacy every day with confidence and joy.

To explore more tools and resources, visit livingtheheartcenteredlife.com. Also, check your inbox for upcoming events that can help you go deeper, if you so desire.

About the Author

Trisha Jacobson is a writer, educator, and legacy coach who helps women 55+ navigate life transitions with clarity, confidence, and heart. With a background in teaching, coaching, and personal transformation, Trisha has spent decades guiding people through meaningful conversations about purpose, identity, and what it means to create a life aligned with their deepest values.

Her signature six-step HUMBLE Pathway supports women who are ready to honor where they've been, listen to their inner wisdom, explore what's possible next, and design a next chapter rooted in love, intention, and impact.

When she's not writing or coaching, Trisha can be found traveling in her RV, connecting with nature, savoring sunrises and sunsets, creating memories with friends and family, caring for her dad, and enjoying life's simple joys with her feline companions, Luna and Sundae.

Learn more at LivingTheHeartCenteredLife.com

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