

# THE WHITE PERFECTIONIST

Your Personality



Your desire for perfection

The ways that you ensure you keep everything in your world perfect is by seeking to maintain high standards for yourself and others. You work hard at maintaining a lifestyle that is conscientious, orderly and ethical. You want to be accurate, thorough, fair and objective. More importantly, you want to be respectable, to do what is right and what you feel is appropriate. You see yourself as rational, orderly and principled. You would like others to see you as reliable, responsible and virtuous. Conscientious and methodical, you focus on paying close attention to detail. You can quickly see what needs to be fixed and excel at organising, executing and applying expertise. You like to follow protocol, policies and procedures and flourish in environments that have clear rules, the opportunity for advancement, a pecking order, and consistency. Earnest and hardworking, you constantly strive to improve. Your integrity, wisdom and adherence to sound procedure can bring clarity and guidance to a confused world. You are a pioneer with the ability to envision utopia and the discipline to put in the hard work necessary to make it happen. You are not afraid to act according to your strong convictions, even if your actions go against the beliefs of your parents, boss or society. With a special gift for teaching, you enjoy helping people learn and improve. Gifted with a strong sense of purpose, and with high ideals, you value honesty, integrity and objectivity. You are sincere, earnest and diligent and act from your heart because, for you, the heart is the only thing that is truly perfect. As a White Perfectionist, you feel that if something is worth doing, it is worth doing right.

# Your avoidance of mistakes

As a White Perfectionist, you avoid making mistakes at all costs and this drive is what largely causes you to lose connection with your soul. Because of this your weaknesses and negative tendencies relate to the ways you ensure you avoid making mistakes and keeping things in your world perfect at all times. To avoid making mistakes or doing anything imperfectly you want to know what is considered appropriate and you tend to do things by the book. Continuously striving for self-improvement, you expect others to do the same. You need to know what is expected of you so that you can act accordingly and so that you can excel. You have a strong internal critic that constantly reminds you of what you should and shouldn't do. Your tendencies toward perfectionism mean you can become obsessive, self-critical and cause yourself a great deal of inner anxiety and unnecessary stress, particularly when you become obsessed with detail. Most importantly, you repress your anger, feeling that to express it is wrong or inappropriate. Privately, you may criticise yourself for being so controlled, far more than you ever criticise anyone else.

Lying at the centre of your soul map is a word that represents your soul. This is who you are at the deepest level. As you can see, your soul is 'imprisoned' by the other layers on your soul map. By using a creative journaling practice called the R.E.S.T. Practice alongside your soul map you will develop the awareness of how you imprison your soul and page by page set yourself free.

