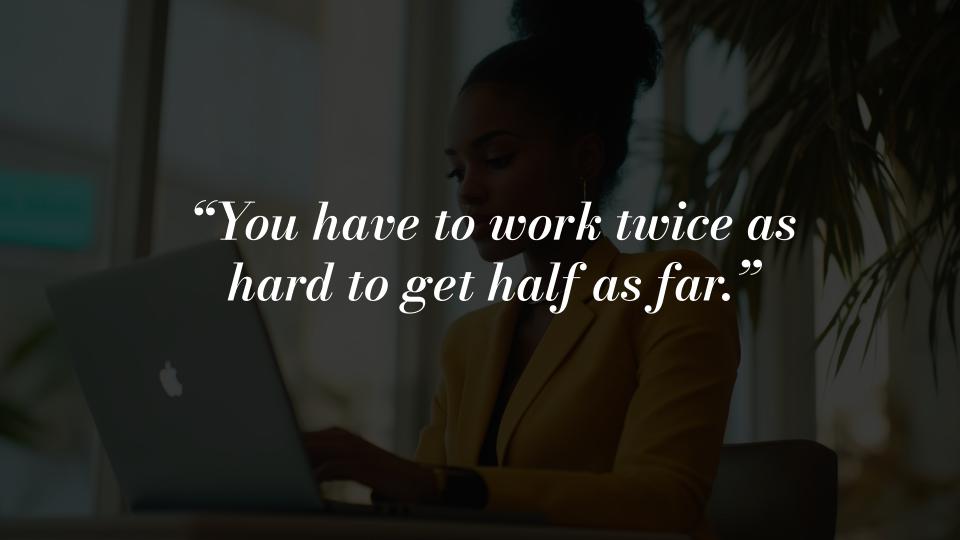
Turn Perfectionism into Your Superpower

A Masterclass for High-Achieving Women

DOMONIOUE KNOW

Domonique Worship
Executive Coach & Leadership Advisor



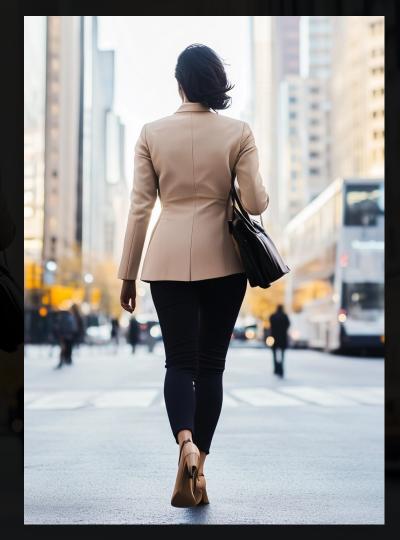


You'll Walk Away With...

Clarity on:

- Why perfectionism is keeping you stuck
- How it's playing out in your life
- The 3-step formula to shifting it...

...so you can move forward with more clarity, confidence, and alignment.



Hi, I'm Domonique!

Certified Executive Coach & Leadership Advisor

- Harvard Law Grad
- Corporate attorney at Wall Street firm
- VP at the National Basketball Association

I help high-achieving women break free from perfectionism and build lives and businesses that they love.





- You're proud of what you've built...but perfectionism keeps whispering, "It's not ready yet."
- You have bold ideas and a big vision...but second-guessing and self-doubt keep you playing small.
- You crave momentum and impact...but overthinking and fear of getting it wrong keep you stuck.
- You didn't start your business to burn out. You want to feel *lit up* by your work—not buried by it.
- You want alignment, joy, and freedom. Not just a business that looks good—one that feels good too.

The Root Cause

PERFECTIONISM



What It Sounds Like...

"If I don't do it perfectly, I'll be judged."

"I have to have it all figured out before I start."

"I can't slow down — there's too much riding on this."

What It Looks Like...

Procrastination

Waiting until it's "perfect" before you start

People-Pleasing

Saying yes to avoid disappointing anyone

Micromanaging

Struggling to delegate

Overplanning

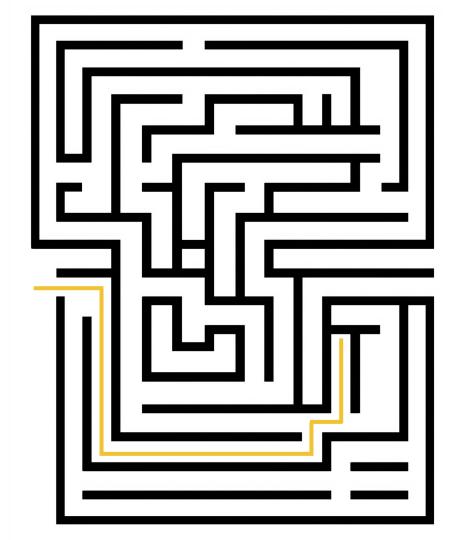
Obsessing over every detail to feel in control

Constantly Starting, Rarely Finishing

Chasing the next idea vs. following through

Why Your Current Approach Isn't Working

- Perfectionism keeps you stuck in overthinking and inaction
- You're chasing external validation
- "If it's not perfect, it's a failure" mindset
- No system to shift perfectionist patterns



The 3-Step Formula for Alignment

- 1. Radical Self-Awareness
- 2. Visionary Confidence
- 3. Unleashed Action



Radical Self-Awareness

Uncover the beliefs, patterns, and internal narratives driving your perfectionism.

"You can't change what you're not aware of. You can't rewire what you haven't named."





Perfectionist Archetypes

Perfectionist Archetypes

Type A Perfectionist	The Guardian	The Harmonizer	The Avoider	The Serial Starter
Quintessential perfectionist: highly reliable and detail-oriented	Achievement-oriented with a strong need for control	Strives for perfection through social harmony	Seeks perfect conditions before taking action	Driven by the excitement of new possibilities
	Sets exceptionally	Excels at building	Tends to	Excels at generating
Thrives on structure,	high performance	relationships and	procrastinate; gets	innovative ideas
order, and predictability	standards	supportive	stuck in planning	
		environments	stages through	Loses interest once
Creates structured	Driven by results and		overthinking	novelty fades
environments focused	external validation	Struggles with tough		
on quality and precision		conversations and	Excellent at strategy	Struggles with
	Struggles with	setting boundaries	and analysis	follow-through and
Can struggle with	delegation and letting			completion
adapting to change	go; maintains tight	Often neglects own	Creates bottlenecks	
	control	needs for others'	in decision-making	Multiple
May create stress		comfort		simultaneous
through rigid	Can be demanding on		Misses opportunities	projects often left
expectations	self and others	Prone to	waiting for perfect	unfinished
		people-pleasing	timing	

What's Your Brand of Perfectionism?





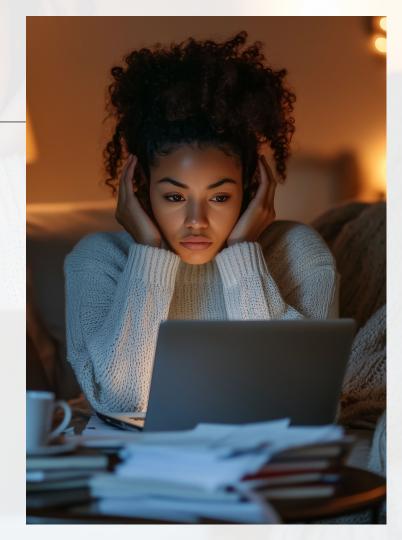
The Costs of Perfectionism

Leadership Impact

- Decreased Productivity
- Fear of Taking Risks
- Micromanagement and Lack of Delegation
- Stifled Innovation and Creativity
- Impostor Syndrome

Personal Impact

- Chronic Stress and Burnout
- Mental Health Challenges (Anxiety, Depression)
- Physical Health Challenges
- Low Self-Esteem
- Strained Relationships
- Inability to Enjoy Success



Visionary Confidence

The clarity and self-trust that comes from alignment — not achievement.

It's the kind of confidence you build when you:

- ✓ Know what matters to you
- ✓ Define success on your own terms
- √ Take bold action rooted in purpose not perfection



The Problem When This Is Missing

- X You chase goals that don't light you up
- X You default to what you "should" do
- X You second-guess every move





Reflection Questions

- What does aligned success look like for you?
- What qualities do you want in your life and business?
- What values will guide your next chapter?
- What are you craving more or less of in your day-to-day?
- What do you notice in your body when you think about the future you want to create?





FIRE Goals

Far-reaching

I mpactful

R esonant

E nergizing

Big, audacious, long-term objectives that serve as your guiding light.

Unleashed Action

Clarity is powerful — but change requires aligned action.

This is where we turn your vision into momentum...one small, aligned step at a time.

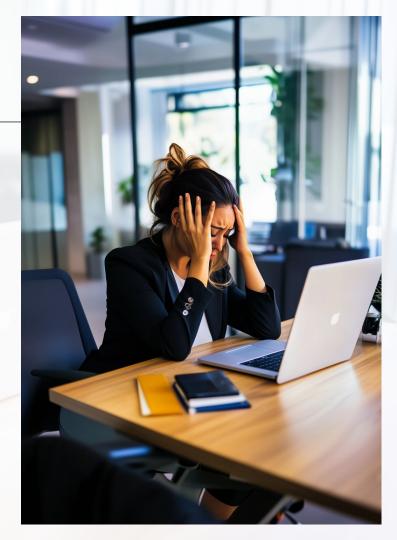
You don't need a perfect plan.

You just need to begin.



The Problem When This Is Missing

- Constant procrastination
- Endless overthinking and planning
- Decision paralysis
- Waiting to feel "fully ready"





Small, aligned, intentional actions that move you forward.

Microshifts help you:

- Build confidence through experience, not theory
- Create clarity through action, not over-analysis
- Move forward with purpose, even without a perfect map

Microshifts in Practice

- X Trying to overhaul your morning routine
- X Waiting to feel "ready" to delegate
- X Waiting to start writing your book until you've perfected the entire outline
- X Saying "yes" to every client inquiry
- X Postponing vacation until you "have time"

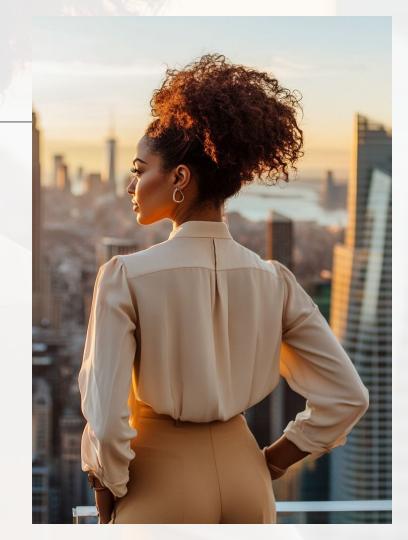
- ✓ Start by adding one 5-minute grounding practice
- ✓ Identify just one task to outsource this month
- Commit to writing for just 30 minutes/day
- Practice saying "let me get back to you" to give yourself space to decide
- ✓ Take a half day off within the next two weeks.

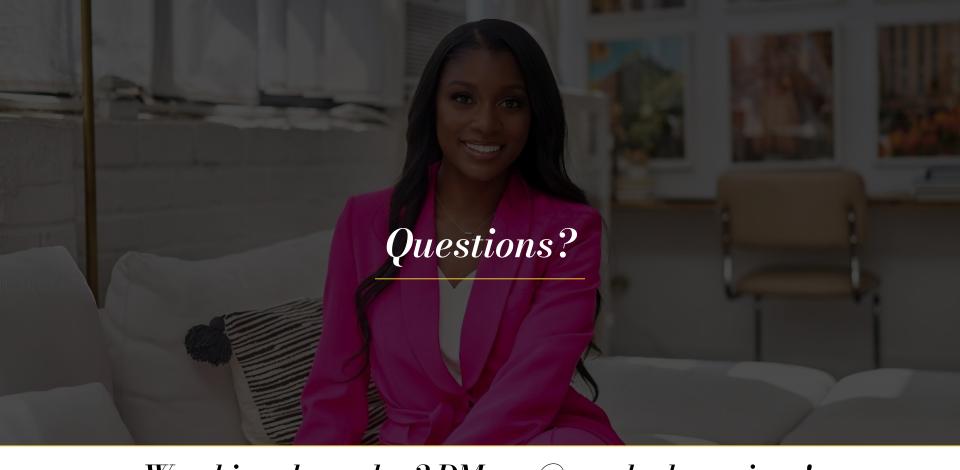


Here's What You Unlocked Today

- ✓ Radical Self-Awareness
- Identified your unique perfectionist archetype and how it's been shaping your choices, habits, and results.
- ✓ Visionary Confidence
 Clarified what aligned success looks like for you.
- Unleashed Action

Learned how to create momentum through small, aligned steps (not "perfect" plans).





Watching the replay? DM me @coach_domonique!



So...Now What?

How do you follow through when life gets noisy?

How do you make aligned choices when doubt creeps in?

How do you rewire perfectionist thinking when it's so deeply ingrained?

This is the work. And you don't have to do it alone.

I want to help you break free from the cycle of perfectionism & lead from a place of clarity, confidence, and alignment.

Introducing the

Exceptionally Aligned® Accelerator

A 12-week group experience for high-achieving women ready to get clear, confident, and aligned.

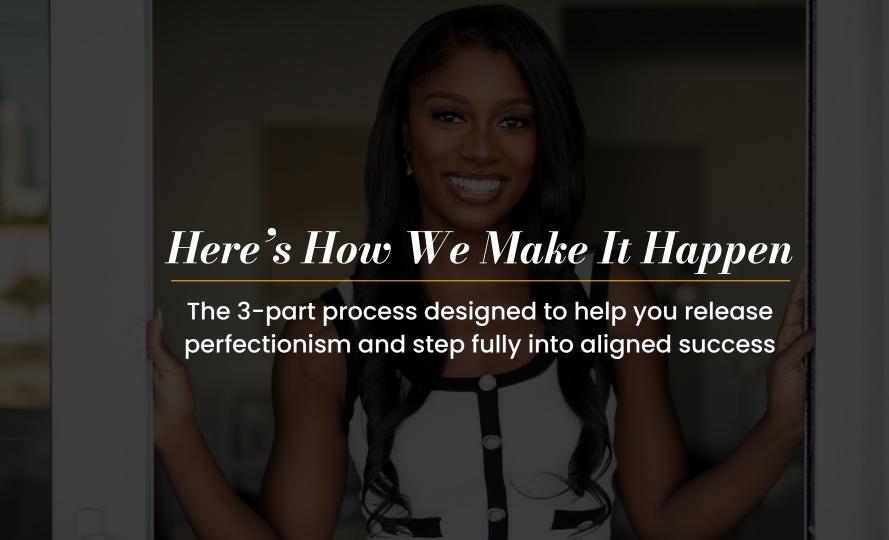


What's Waiting for You Inside the Accelerator

- 6x live group coaching calls
- 2x private 1:1 coaching sessions
- A community of high-achieving women for support and accountability
- M-F support via our private community
- Full curriculum and proven step-by-step framework

Bonus offer for KNOW members: 45-minute 1:1 Clarity Call before program officially starts





Radical Self-Awareness

Uncover the beliefs, patterns, and internal narratives driving your perfectionism.

What we'll cover:

- Identify your Perfectionist Archetype and how it's showing up in your life
- Spot what's misaligned—and what needs to shift
- Begin releasing self-limiting beliefs with clarity and compassion

You'll walk away with:

- A deep understanding of your Perfectionist
 Archetype and how it's shaping your life and career
- Clarity on what's misaligned—and the shifts you need to reclaim your power
- Practical tools to move through perfectionism and honor who you truly are

Visionary Confidence

Define what success means to you—and build the confidence to pursue it.

What we'll cover:

- Create a personal vision rooted in alignment, not approval
- Set FIRE Goals that reflect your values and desires
- Replace perfectionist patterns with empowering beliefs

You'll walk away with:

- A crystal-clear vision for your next move or life chapter
- Values-based goals that create momentum and direction
- The mindset and self-trust to take bold, aligned action

Unleashed Action

Turn insight into sustainable forward momentum.

What we'll cover:

- Break your FIRE Goals into clear, energizing steps
- Use microshifts to build real, sustainable progress
- Create personalized routines that keep you aligned

You'll walk away with:

- A custom action plan that aligns with your perfectionist profile
- Sustainable routines and strategies that reflect your values and energy
- A toolkit to navigate perfectionism and stay aligned—long after the program ends



Ready to Get Started?

- ➤ Step 1: Submit your application
- ➤ Step 2: We'll review your application within 24 hours
- ➤ Step 3: If it's aligned, you'll receive your invitation and onboarding instructions

To apply, head to www.domoniqueworship.com/accelerator

Thank You!

- <u>coach_domonique</u>
- domoniqueworship.com
- in linkedin.com/in/domoniqueworship



