

# THE SUPERMOM SYNDROME TEST

Evaluating Your All-or-  
Nothing Lifestyle to Discover  
Your Personalized  
Perfectionist Persona

AMBER SHAW

# Oh hey, welcome to your game-changing moment!

If I had to guess, you've probably suspected that you have some perfectionist/all-or-nothing tendencies in certain areas of your life.

You might have even been able to identify certain patterns that keep popping up, like:

- you find yourself either 'all in' or 'all-out' with your nutrition and/or exercise which keeps you starting over every Monday.
- or maybe you've been wanting to pursue your passion with a side hustle but have been putting it off just waiting for the 'perfect' moment to get it started.
- or perhaps you are feeling burned out because you feel obligated to participate in every family function, regardless of what you really want.

Whatever the situation, always aiming for perfection or having the 'all-or-nothing' mentality is super draining. And even though you may be aware of some specific situations where the all-or-nothing mindset rears its ugly head, you may be unaware how it is truly affecting growth in other areas of your life - especially when it comes to your health, your wealth (career) and your relationships.

That's exactly why I created this assessment for you. It's for all of us who are tired of the 'all perfect or nothing' mindset.

In discovering your Perfectionist Persona, we're going to look at how this perfection thing might be doing more harm than good – messing with your well-being, your career, and even your relationships. Yes, including how you see yourself.

What are we aiming for? To give you some real talk and actionable steps to switch from chasing perfection to embracing balance. Think about a life where balance is your vibe, not perfection. A life where you feel content and at peace, not always chasing the next big thing. A life where being a little imperfect is not just okay, but totally normal.

So, you in? Let's start this journey together. It's time to reflect, adjust, and really turn things around. Here's to a life that's more about feeling good and less about ticking every single box. Let's go!

## Instructions:

We are going to assess 3 big areas of your life where the all-or-nothing mentality could be stopping you from making real change in your life.

Place a checkmark next to the statements that you identify with in each of the categories. Don't overthink it and go with your gut. At the end, you will total up the number of checkmarks and I'll share next steps!

**Total Time: 3 minutes**

# HEALTH

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☐ **“Eff-It, I’ll start over on Monday.”**

Whenever I slip up on my diet, I tell myself I've already ruined it, so I might as well give up on the day or even the week. It's like one small deviation means I've failed completely, and there's no point in trying until Monday rolls around again.

☐ **“If I can't work out every day, I tell myself it's pointless.”**

I often catch myself thinking that unless I stick to a demanding daily workout schedule, my exercise efforts are just a waste. This all-or-nothing approach leaves me feeling guilty and defeated when I can't be perfect.

☐ **“I don't have time for self-care.”**

I find myself using my busy schedule as an excuse to skip self-care. Deep down, I feel like taking time for myself is a luxury I just can't afford, and it's leaving me worn out and run down.

☐ **“I expect immediate results or I think it's not working.”**

I often feel disheartened when I don't see quick results from my health routines. I tell myself that if changes aren't immediate, then I'm failing, ignoring the reality that true progress takes time.

☐ **“I'm too swamped to eat properly.”**

I frequently put work first, even over basic needs like eating. I tell myself I'm too busy to take a meal break, but deep down, I know it's taking a toll on my health and mood.

☐ **“I feel selfish taking time for my health.”**

I often feel guilty for investing time in my health, as if I'm taking away from my family or work duties. This guilt makes me feel like I'm not deserving of that time for myself.

# HEALTH

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- ☐ **“I can't let myself rest until everything's done.”**  
I find myself prioritizing endless tasks over my own rest, even when I'm exhausted. I feel trapped in a cycle of constant work, believing that rest is a reward I haven't earned yet.
- ☐ **“I can't afford to be sick.”**  
I often ignore my illness symptoms, convincing myself that taking time off to recover is a luxury I can't afford. This mindset leads to worsening my health and a constant state of anxiety.
- ☐ **“I've accepted that stress is just part of my life.”**  
I've come to believe that living with chronic stress is unavoidable. I downplay its impact, but deep down, I know it's harming my well-being.
- ☐ **“I think health routines have to be extensive to be effective.”**  
I often believe that unless I commit to a comprehensive health routine, it's not even worth trying. This leaves me feeling inadequate and often leads to not taking any action at all.

# WEALTH (CAREER)

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☐ **“If I’m not the best, I’ve failed.”**

I often tell myself that anything less than being the top performer at work means I've failed. This belief puts immense pressure on me to always be the best, and anything less feels like a personal defeat.

☐ **“If I don’t do it, it won’t be done right.”**

I catch myself thinking that I need to handle every task to ensure it's done perfectly. It's hard for me to delegate, as I'm convinced that no one else can meet my high standards.

☐ **“I feel I should be able to cope without help.”**

I often see asking for help or guidance as a sign of my own incompetence. This mindset holds me back, making me believe I should handle everything alone, even when overwhelmed.

☐ **“I must be available for my work at all times.”**

I feel a constant need to be accessible for work, leading me to sacrifice my personal boundaries and private time. It's like I'm always 'on call' and can't truly relax.

☐ **“I’m afraid to pursue my dreams because I think it’s too risky.”**

I often stop myself from chasing personal aspirations or making career changes. I fear it's irresponsible, especially with my family depending on me.

☐ **“I equate long hours with commitment.”**

I believe that if I'm not working the longest hours, I'm not showing true dedication. This often means sacrificing my personal and family life for work.

# WEALTH (CAREER)

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- ☐ **“I feel I must say yes to every opportunity or task.”**  
I’m afraid of missing out or seeming inadequate, so I feel compelled to accept every work-related request, even when I’m already stretched too thin.
- ☐ **“I believe struggling to balance work and family is my failure.”**  
I often think that if I'm struggling to balance career and family, it's a sign of my personal failing, not a common challenge many face.
- ☐ **“I constantly compare myself to my colleagues' achievements.”**  
I can't help but measure my success against my peers, which often leaves me feeling inadequate or unnecessarily competitive.
- ☐ **“I tell myself it's too late for new career paths at this stage.”**  
I believe that pursuing new career opportunities or changes is not an option for me anymore, due to my age or family responsibilities. I feel stuck, like it's too late to make a shift.

# RELATIONSHIPS

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- ☐ **“My family's happiness depends entirely on me.”**  
I put immense pressure on myself, believing that the happiness and well-being of my entire family rests solely on my shoulders. It feels like their joy is my responsibility.
- ☐ **“I feel I should always be the one to compromise.”**  
In my mind, maintaining harmony means I must always adjust or give in during disagreements. I believe it's always up to me to make compromises in my relationships.
- ☐ **“I worry I'm a bad friend/partner if I'm not constantly available.”**  
Setting boundaries makes me feel guilty. I fear that by not always being available, I'm neglecting my friends or partner.
- ☐ **“I can't let my partner share more household tasks.”**  
I believe that I should handle most home tasks to meet my own standards of being a good partner, even when it overwhelms me.
- ☐ **“I think my relationship should be like others.”**  
I often compare my relationship to others, especially those I see on social media, and feel inadequate if mine doesn't seem as perfect.
- ☐ **“I pressure myself to be a perfect role model for my kids.”**  
I set incredibly high standards for myself as a parent. I feel like a failure if I'm not always the perfect role model for my children.
- ☐ **“If my kids aren't perfect, I blame myself.”**  
I directly link my children's behavior and achievements with my success as a parent. If they're not perfect, I feel like I've failed.



# RELATIONSHIPS

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- ☐ **“I avoid seeking help for family issues.”**  
I tend to shun professional help for family matters, thinking it reflects poorly on me or shows weakness.
- ☐ **“I hide my struggles to maintain a strong front for my family.”**  
I conceal my personal and emotional challenges from my family to keep up an appearance of strength and control.
- ☐ **“It's my duty to support my partner and children alone.”**  
I feel that I should be the primary source of emotional support for my family, even when I'm struggling myself and need support.

# Scoring to determine your Perfectionist Persona

Total up the number of checkmarks from the above

## **UNDER 10 - BALANCED BETTY**

Breathe easy mamma – this actually indicates you've got a pretty balanced approach to life. You're likely not getting caught up in the perfectionism trap.

Instead of striving for unrealistic ideals in health, career, and relationships, you seem to understand and appreciate the art of balance. You're probably good at managing expectations and handling life's ups and downs with a level head.

However, remember, there's always room for growth. It's beneficial to periodically reevaluate your goals and methods to ensure you're fulfilling your potential while maintaining this healthy balance.

In the meantime, make sure you are following me on social media (and keeping up with the posts) because I have a lot more content headed your way to keep you balanced!

## **10-20 - DISRUPTIVE DIANE**

Ok so chances are, you're not completely overwhelmed by perfectionism, but it still influences your decisions and

feelings more than you might like. This 'middle ground' can actually be a powerful place for growth. You're aware of the pitfalls of striving for unrealistic standards in health, career, and relationships, but there's a bit of inner conflict that feels disruptive as you navigate these areas.

It's a great opportunity to start refining your approach, moving away from disruptive perfectionism towards a more balanced and fulfilling way of handling life's challenges.

But recognizing and navigating away from these patterns isn't something you have to do alone. I got you!

Stay tuned for a brand new mentorship I'm announcing very soon! You can even add yourself to the waitlist [HERE!](#)

## **20 - 30 DYSFUNCTIONAL DEBRA**

Ok supermom, the all-or-nothing mindset significantly impacts your life, often in unsettling ways. This perfectionist approach might be affecting your health, career, and relationships more than you realize. It often leads to setting impossibly high standards for yourself, resulting in stress, disappointment, and a sense of never being good enough. Recognizing this is the first step towards change.

It's crucial to start re-evaluating your expectations and learning to embrace imperfection. Seeking balance and self-compassion can lead to a healthier, more fulfilling way of life, moving away from this dysfunctional pattern of thinking and behavior.

Having someone by your side to help illuminate those blind spots can be a game-changer. That's where we come in. Stay tuned for a brand new mentorship I'm announcing very soon! You can even add yourself to the waitlist [HERE!](#)

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## Stay tuned!

Now that you have determined your personalized Perfectionist Persona, stay tuned for some brand new and exciting content I have coming your way.

I also have a brand new program coming Spring 2024 to help transform all my Disruptive Dianes and Dysfunctional Debras to Balanced Bettys. Join the waitlist [\*\*HERE\*\*](#) to be the first to get all the details!