

# The Perfectionist Archetypes

Audrey Holst

FORTITUDE & FLOW®

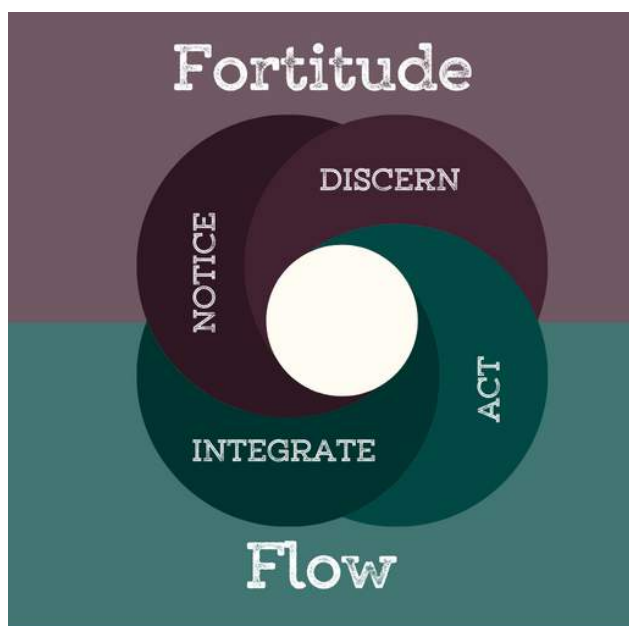


# How to use this guide

[Click on the video below to learn how to use this guide](#)



You may identify with a mix of the Archetypes - that's normal! Knowing where your tendencies are will allow you to focus on specific areas of the Fortitude & Flow® process so you can target your particular challenges and let your unique strengths shine through.



The four steps of the Fortitude & Flow® Process are Notice, Discern, Act, and Integrate. They're designed to soothe and retrain a system primed for perfection. They're designed to reconnect you with your Operating System. As you will soon learn, one of your biggest allies in healing perfectionism is treating yourself kindly. Every step here helps you do that slowly and consistently.

# The Five Perfectionist Archetypes

Click on the video below to learn about the  
**Brake & Gas Perfectionist**



- Brake & Gas Perfectionist
  - Strengths - A great eye for the big picture, caring, connected to what you create
  - Feeling of tension - like you're trying to drive with your feet on the gas and the brake pedals at the same time
  - Thought - This has to be perfect
  - Fear - What will happen if I don't get this right?
  - Procrastination on important projects or actions
  - Lost opportunities
  - Frustration with self, others may be frustrated as well
  - Fortitude & Flow® step to focus on- Act



# The Five Perfectionist Archetypes

Click on the video below to learn about the  
Optics Perfectionist



- Optics Perfectionist
  - Strengths - Strong eye for aesthetics, creates unique experiences, people look up to you
  - Feeling of anxiety - on edge, tracking people's body language and how they respond in written communication, over-analyzing interactions
  - Thought - What will they think of me?
  - Fear - I'm going to get kicked out of the village
  - Spending lots of time and energy on physical appearance
  - People don't know how you're feeling - always appear put together
  - Lack of intimacy in relationships
  - Fortitude & Flow® step to focus on- Notice

# The Five Perfectionist Archetypes

Click on the video below to learn about the  
**Hero Perfectionist**

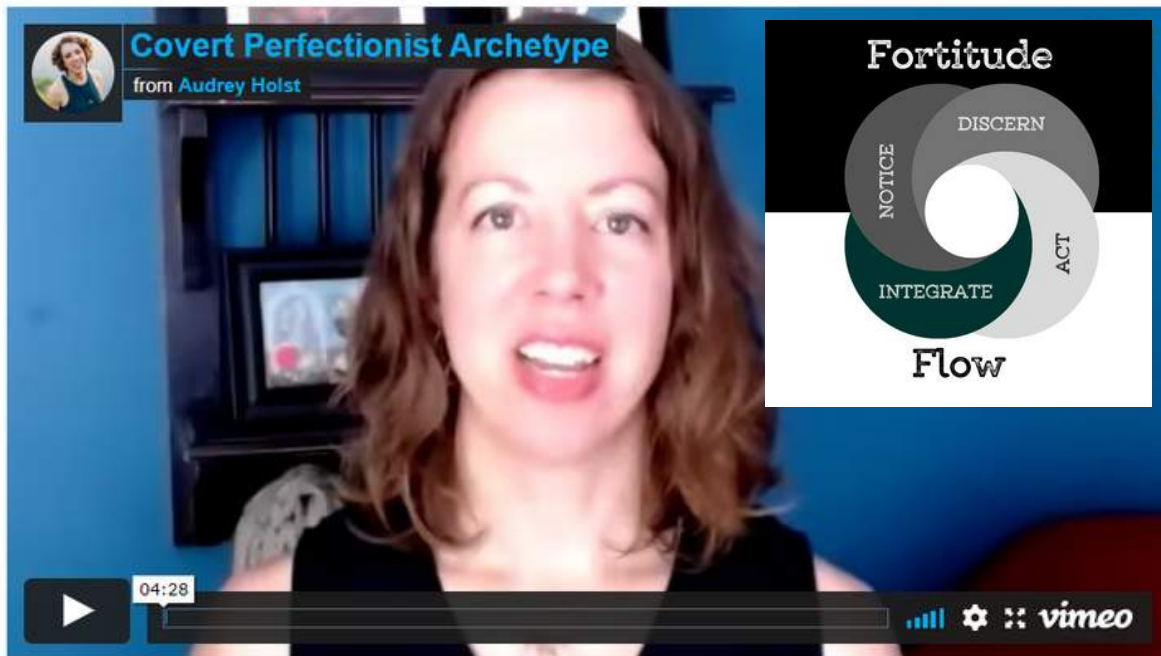


- Hero Perfectionist
  - Strengths - Big-hearted, can be counted on in high-pressure situations, always willing to lend a hand
  - Feeling of heaviness- like you're responsible for everyone's happiness
  - Thought - I've got to fix this
  - Fear - If something goes wrong, it's my fault
  - Anticipating people's needs
  - Taking things personally
  - Exhaustion from overfunctioning
  - Fortitude & Flow® step to focus on- Notice



# The Five Perfectionist Archetypes

Click on the video below to learn about the  
**Covert Perfectionist**



- Covert Perfectionist
  - Strengths - Seeing the paths and details that others miss, can fly under the radar, rich life experience
  - Feeling of paralysis - like the pressure is too great and it leads to inaction
  - Thought - I don't understand what needs to be done
  - Fear - Someone else can do this better
  - A "closeted" perfectionist and others may not see you as one
  - Can be more common in neurodivergent folks
  - Burnout rollercoaster of high and low expectations of self and others
  - Fortitude & Flow® step to focus on- Integrate

# The Five Perfectionist Archetypes

Click on the video below to learn about the  
**Rigid Perfectionist**



- Rigid Perfectionist
  - Strengths - Driven and often successful in business, sees possibility where others don't, strives for growth
  - Feeling of inflexibility - like you need everything and everyone around you to be a certain way for things to be okay
  - Thought - Things have to be done my way
  - Fear - I can't handle uncertainty
  - Micromanaging and high expectation of others
  - No tolerance for mistakes
  - Strained relationships
  - Fortitude & Flow® step to focus on - Discern



# Next Steps

Click on the video below to learn how to work with  
Your Perfectionist Archetype



A S.T.O.P Assessment is all about addressing your unique perfectionism.

First, we'll talk about the areas where you're ROCKING it. Then, we'll talk about the threats to your sense of security and peace. We'll talk about opportunities where connecting into your Operating System can help you show up differently, and finally we'll identify where perfectionism makes its biggest impacts.

This is a human-to-human conversation with no hard sells. Truly. We'll discuss **Emerge** only if it's an ideal fit.

Click here to schedule your call



# Audrey Holst, Founder of Fortitude & Flow®



Audrey Holst guides ambitious high performers and high achievers who are ready to stop micromanaging their lives with perfectionism so they can actually start living. She's the founder of the Fortitude & Flow® Process which fuses mindful and embodied practices to create sustainable transformation. Audrey has 16 years of training practicing yoga, functional movement, and meditation as well as 14 years of experience teaching therapeutic hatha yoga as a certified Bikram Yoga instructor. She graduated from the Institute for Professional Excellence in Coaching (iPEC) in 2014 and has worked with groups and individuals for the past 6 years as a Certified Professional Coach. She's an interpersonal meditation trained facilitator and continues to hone her skills to benefit individuals and groups.

Audrey's upcoming book *You're Not Perfect – And Here's How to Deal With That* teaches people how to tap into their unique Operating System to un-velcro from the status quo and reclaim their agency. Her 1:1 work with clients in **Emerge** reconnect and heal their relationships with their Operating Systems through intensive support and custom-designed practices.

Perfection and productivity are manufactured distractions designed to steer people away from living the life they really want. Audrey believes everyone has the ability to connect to their inner Fortitude through the wisdom of their nervous system and the resilience of their unique Operating System.