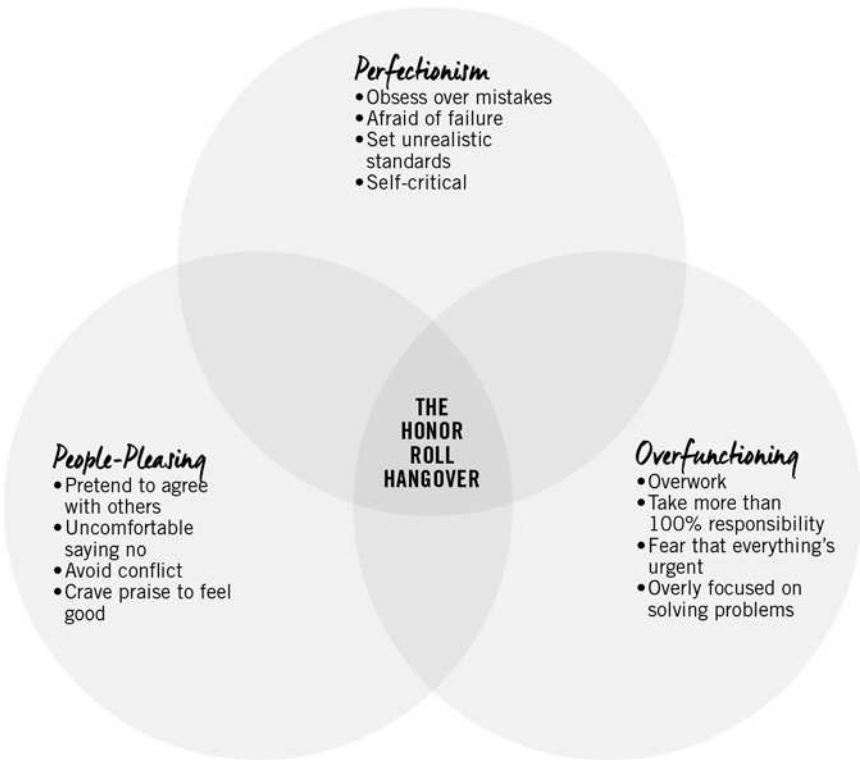


## THE HONOR ROLL HANGOVER



### THREE ELEMENTS THAT DRIVE THE HONOR ROLL HANGOVER

The Honor Roll Hangover comes down to three key behaviors:

1. **Perfectionism.** Perfectionism leads you to overemphasize your weaknesses and underestimate your strengths. This can look like obsessing over mistakes and always feeling like you have to *prove* yourself. But here's the thing: Perfectionism isn't really about being flawless (you