Pleasure-Predicting Sheet

- Perfectionistic medical school professor
    - "Nothing is worth doing unless I do it perfectly."

Pleasure-Perfection Balance Sheet

Hypothesis: Nothing is worth doing unless I do it perfectly.

Activity	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)	Perfection Rating (0 - 100)

Pleasure-Perfection Balance Sheet

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Activity	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)	Perfection Rating (0 - 100)
Give welcoming lecture to the new medical school class	90%		
Fix broken pipe in toilet	10%		

Pleasure-Perfection Balance Sheet

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Activity	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)	Perfection Rating (0 - 100)
Give welcoming lecture to the new medical school class	90%	5%	75% (I only got a 30 second standing ovation)
Fix broken pipe in toilet	10%		

Pleasure-Perfection Balance Sheet

Hypothesis: Nothing is worth doing unless I do it perfectly.

Activity	Predicted Satisfaction (0 - 100)	Actual Satisfaction (0 - 100)	Perfection Rating (0 - 100)
Give welcoming lecture to the new medical school class	90%	5%	75% (I only got a 30 second standing ovation)
Fix broken pipe in toilet	10%	100%	5% (a plumber could have fixed it in five minutes. It took me nearly ten hours!)