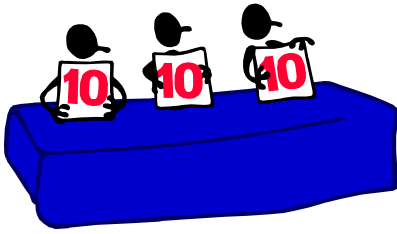


Not Quite Perfect?



Some of us, as insane as this sounds, think that if we just apply ourselves, work or try harder, we can achieve near perfection. We don't like making mistakes, failing at anything, or appearing flawed to the world. I am one of these, maybe you are too.

Logically we know it's not possible; no human being has ever been or will ever be perfect. Yet, we don't let that stop us in our quest!

This desire has both an upside and a down side.

- The Upside – you get a lot accomplished, you are driven to do your best
 - you set high goals and like to be stretched
- The Downside – you are setting yourself up for disappointment. You can get easily stuck because you won't want to begin an undertaking unless you're certain you can do it well.
 - you are extremely hard on yourself, self-talk can be ruthless or demeaning

Most of the time, you are the only person who has put ridiculously high standards in place; the good news is, you have the power/authority to change those expectations.

Fear is often behind the quest for perfection. Fear that if we're flawed or make mistakes, others won't be able to love or accept us.

Well guess what? That line of thinking is not based on truth. Since there are no 'perfect' human beings walking the planet in 2011, I would have to say that we're all in the same boat; we all make mistakes. And, many have found love (including yours truly); so **being 'imperfect' does not mean that you are unlovable.**



You are lovable, imperfections and all. I prefer to replace the word 'flaws' with 'individualized characteristics' or 'quirks' that make you the special person that you are.

It's SO important to love and accept yourself as you are. If you can't live with your own 'unique characteristics' you probably will have a tough time being O.K. when others display their own 'imperfections'.

When your 'imperfections' seem to be glaringly in your face, replace your critical voice with one that is compassionate. It's a much kinder way to be.

No need to spend your time or energy beating yourself up for just being human. Adjust your thinking to set more reasonably attainable goals or standards for yourself. You'll be much happier!

**Want to feel happier more often?
Ease up on yourself and accept a
fact of life you can't change –
you are not quite perfect!**

