

I DON'T HAVE TO BE PERFECT - JUST REAL

I let go of perfection, knowing that it is an impossible goal. Instead, I embrace the goodness of who I am - faults and all. After all, only my Creator is perfect!

I set my self-improvement goals to specific, measurable levels that I know I can accomplish. I take realistic steps that lead to attainable goals. This way, I know I am getting better and better all the time. With each step I take, I am learning and growing, but I don't have to be perfect.

I am happy with myself. I know that most of the time I do my best and I forgive myself for sometimes doing less. After all, no one is perfect, and that's okay.

When I make a mistake, I admit it, do what I can to correct it, and learn from it. I realize that making mistakes is a natural part of being human. Rather than beating myself up about it, I move forward with no regrets.

I live in the moment. The past is done and the future is yet to come. What we have now is the present. This moment is what is real and I am a part of it. I am grateful for every precious moment and relish its possibilities.

Today, I plan to live life to its fullest, to enjoy each and every moment for what it can bring me, and I throw off the trappings of trying to exhibit perfection. I am what I am and that's fine with me!

REFLECTION QUESTIONS

1

How can I embrace my imperfections and still strive for self-improvement?

2

What steps can I take to live more in the present moment?

3

How does accepting my mistakes and learning from them help me grow as a person?