

THE PRACTICE OF EMBRACING IMPERFECTIONS

Perfectionism can be a superpower and lead to high standards and motivations. It can also be a kryptonite and paralyze us out of fear of making mistakes. When the inevitable mistakes or uncontrollable factors happen, we sometimes blame and shame ourselves, experience anxiety, ruminate, and even catastrophize. What to do?

- 1. **Feel** the emotional storm* – it might show up in your body as a racing heart, a stomach ache, etc...
- 2. **Pause and Breathe*** – Simply focus on your breath and examine and name what you are feeling. Acknowledge what you are experiencing.
- 3. **Become **aware***** – Mindfully observe your pattern. Has it happened before? Do a self-study, and try not to judge.
- 4. **Reframe** your mistakes as opportunities to learn* – this leads to a growth mindset. Do not shame yourself, but take this as an opportunity to claim yourself.
- 5. **Accept** mistakes and embrace imperfections* – Give yourself grace, and recall the grace and love that God and others have for you. Celebrate the opportunity to grow. Make a practice out of forgiving yourself. Spiritual practices remind you that you are a beloved child of God..



Anxiety

Catastrophizing

Rumination

Feel Emotional Storm

Pause + Breathe

Aware — Mindfully Observe

Reframe — Growth Mindset

Embrace Mistakes +
Accept Imperfections

Mental and Visual Reminders

Spiritual Practices

