



The Practice of Embracing Imperfections

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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 Breath** – 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..

