

# Embracing Imperfection

*Making room for growth without requiring perfection*

Imperfection is not evidence that something has gone wrong. It is part of being human. When we loosen the pressure to get everything exactly right, we create more room for learning, compassion, creativity, rest, and meaningful growth.

**Where am I asking myself to be perfect?**

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**What would “good enough” look like here?**

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**A kinder way I could speak to myself:**

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**Today I give myself permission to:**

- ☐ Begin before I feel fully ready
- ☐ Learn as I go
- ☐ Rest without earning it
- ☐ Make a mistake and repair
- ☐ Choose progress over perfection

*Growth does not require perfection.*