

Personal Reflection Exercises...

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Imperfection provides variety. When I think of perfection, I think of how boring life would be if everyone were perfect. Everyone would look and act exactly the same! Yes, ***imperfection is my choice and I welcome it.***

Just as spices enhance a meal, my life is enhanced by imperfections. Different spices make for different flavors, and each person in my life brings me a unique variety of imperfections that shape our relationship.

For example, we can complement each other with our different selection of strengths and weaknesses. My unique strengths help to bolster their weaknesses when they need it. In the same way, I can improve my weaknesses when I allow their strength to help build up my own.

I am grateful for my imperfections because it allows my love and relationships to bloom. ***Those who love me do not love me because I am perfect,*** but because of who I am, faults and all.

My imperfections make me one of a kind. Their unique combination all go to make up the wonderful person I am, inside and out.

Even though I choose to make myself better with self-improvement, I do not strive for perfection. I am simply changing my recipe around to a different mixture - more of one thing and less of another. These changes still allow me to be me!

Today, I embrace my imperfections as the spices that make me what I am and feel gratitude for the different spices in all my relationships.

Self-Reflection Questions:

- 1.** How do I feel about my imperfections and those of my loved ones?
- 2.** Do I strive for perfection?
- 3.** Do I expect perfection from others in my life?