

Personal Reflection Exercises...

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I embrace my imperfections as the finely tuned details that make me the wonderful, unique human being that I am. If I did not have imperfections, I would be bland, dull, and boring.

I let go of any desire to be perfect. I know that striving for perfection is futile and a waste of my precious time and energy. Besides, ***if I were perfect, it would take away the very qualities that enhance me.*** Why would I ever want to do that?

My imperfections bring me the joy of learning and discovery. From time to time, I even find new talents and strengths within me that I never knew I had and find fulfillment in developing them. If I were perfect, none of these experiences would exist.

It is my imperfection that brings love into my life. People who love me do so because of my unique blend of imperfections - not because I am perfect. Striving to be perfect would not make

them love me any more than they do now. In fact, perfection would make me an unwanted stranger!

Through the years, my imperfections have brought me many varied experiences and made me who I am today. They appear and fade at different intervals of my life, continuing my own unique life-long journey. ***They are as integral to my life as my heart!***

Today, I choose to find joy in my imperfections and welcome them as the life-fulfilling entities that they are.

Self-Reflection Questions:

1. How do my imperfections make me unique?
2. Could others truly love me if I were perfect?
3. What are some of my treasured experiences that were brought about because of my imperfections?