

Personal Reflection Exercises...

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I do not expect myself to be perfect. We are all under construction and this requires an understanding that I will make mistakes. That's okay with me!

I have high hopes for my children and I do what I can to help them to develop their talents and dreams. Yet, I do not expect that they will instantly totter out of the delivery room and shoot hoops or write a novel. I realize that they are a work-in-progress, and I delight in each step they take even if they trip over the ball or write half their letters backwards! My children thrill me simply with their eagerness to learn and grow.

I treat myself with the same respect and appreciation. Although it's true that I am no longer a child, I will always be learning and growing. I do not hold unrealistic expectations; instead, I am always challenging myself to push further.

Being imperfect gives me an incentive to work harder toward my goals and dreams. In doing so, I stretch out of my comfort zone and I applaud myself for taking risks. ***I take these risks because I know that any mistakes I make will only make me***

stronger and wiser.

I let go of the need to appear perfect to others. ***Letting go of perfection leads to deeper and more authentic relationships.*** It also leads me to greater health and vitality.

When I am open to seeing my imperfections for what they are, I can accurately gauge my strengths and weaknesses. In doing so, I am able to develop strategies that bring out my best.

Self-Reflection Questions:

1. In what areas do I limit myself with unrealistic expectations?
2. Do I allow myself to be "under construction?"
3. How do I respond when I make a mistake?