

The Joy of Being Perfectly Imperfect



What does “perfect” mean to you?



- Academics
- Other achievements – music, sport, hobbies
- Personal qualities and attributes

Who do you consider to be “perfect”?



Walt Disney

Told by his former newspaper Editor that “he lacked imagination and had no good ideas”



J K Rowling

Broke, depressed, divorced single mother who wrote her first novel whilst studying



Ant McPartlin

Addiction to prescription drugs and alcohol almost ended his career

Who do you consider to be “perfect”?



Celebrity? Or did you think of someone close to you?

Why did you choose them?

Is this a fact or a belief?

Sometimes your belief system can let you down!



Gold medal – Happiest, but perfect performance?

Who has the next best level of happiness?
Silver or Bronze medal winner?

Bronze!

Belief systems can have consequences



Perfection is the ultimate goal...

- Emotional consequence = heightened stress
- Unlikely to achieve it!

“Good enough” is the ultimate goal...

- Less stress, better self-esteem, resilience, self-worth
- Enables a sense of achievement

Stress skews our perception



0

100

Scale of awfulness

Stress... deal with it!



- Fight or flight
- Breathing techniques – only need 3 breaths
- Language and self-talk
- Get a reality check – fact or belief?
- Posture...

Allow imperfection



Celebrate imperfection!

Consider the impact of your beliefs about yourself

Consider the impact of your beliefs about others

Imposter syndrome



I AM NOT PERFECT
NOR WILL I EVER BE.
I AM A WORK IN PROGRESS,
AND THAT IS DEFINITELY
GOOD ENOUGH.

