Imperfect & Still Worthy

LET GO OF PERFECTION • PRACTICE SELF-ACCEPTANCE

1 RETHINK PERFECTION

Imperfection is the natural human experience of having limits, making mistakes, and learning over time. Perfection does not exist as a realistic, permanent human state: we cannot always get everything right, please everyone, or avoid mistakes. I am an imperfect individual. My worth does not depend on flawlessness.

An unrealistic expectation I can release:

2 NOTICE THE PRESSURE

When do you feel you must be perfect? Check what fits.

- ☐ At work or school
- ☐ In relationships or parenting
- ☐ With appearance or achievements
- ☐ When others might judge me

3 REWRITE THE RULE

Trade a harsh rule for a more compassionate truth.

Old rule: “I must get everything right.”

New truth: “I can learn and still be worthy.”

My old rule:

A kinder replacement:

4 MAKE ROOM FOR MISTAKES

A mistake is an event, not an identity. It can provide information about what to try next.

One mistake I am still holding against myself:

What did it teach me?

5 THE “AND” PRACTICE

Two truths can exist at once. Finish these sentences without canceling out either side.

I made a mistake, and I can...

I am still learning, and I deserve...

I am an imperfect individual, and I am...

6 ACCEPTANCE IN ACTION

Perfection does not exist. I am an imperfect individual, and I can grow without demanding flawlessness from myself.

This week I will practice:

- ☐ Speaking to myself more kindly
- ☐ Remembering perfection does not exist
- ☐ Asking for help without shame
- ☐ Celebrating effort, not only results

My small next step:

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.