



# THE PERFECTION PARADOX

## Accepting Imperfection Affirmation

Perfection is the enemy of happiness, productivity, and healthiness. I am willing to alter my expectations to enhance my life.

My ability to accept imperfection permits happiness to enter my life. **Perfection is an obstacle to happiness.** I do my best and accept the results. By avoiding the need for perfection, I am happier, and the people around me are happier too.

I get much more accomplished when I am free of the need to be perfect. The need to be perfect can trigger procrastination. It is easy for me to get started on my work each day. I use my time wisely, accepting whatever life brings. **My best is good enough.** This attitude increases my productivity.

I am more content and relaxed when I remember that **perfection is a myth.** Accepting the results of my efforts ensures I sleep better and enjoy my spare time more. The desire for perfection creates stress and anxiety.

When I am more accepting of others, my relationships benefit. I realize that perfection is an impossibility for others, too. I maintain reasonable standards for the people in my life, but I avoid having unreasonable expectations. **I accept others as they are.**

Today, I am doing my best and accepting the outcomes I produce. **I am content when I allow others and myself to be imperfect.**