

WHAT'S SO GREAT ABOUT "PERFECT"?



I've tried to get to "perfect" for most of my life. It hasn't worked.

I'm told there's no "perfect" human being and we all make mistakes. At some level, I can accept that. But you know what? I still keep trying – I think I'm supposed to make fewer mistakes, to do more things well. Even when I recognize what's going on, that my "perfectionist" is at work, I still hear that subtle, nagging little voice telling me whatever it is I'm doing should be done better.

The problem tends to be when I'm trying so hard for "perfect" that I wind up not getting out there and LIVING. My nitpicking holds me back from the things I want to be doing. As an example: while working on my website, I really struggled with this - What if someone catches a mistake in my text? What if I can't get this "just right"? What if it sounds like every other coaching website? What if it doesn't? What if I ask for feedback on my website and, God forbid, someone criticizes or is brutal in their feedback? It could happen, and then I'll look very not perfect and that would be awful, so I'm better off not making the effort! Right, I can just continue playing small and feeling bad about myself and about my work. Or, I could take a different approach...

One of the great things I'm learning is that where ever I am right now is just where I'm supposed to be. Even if where I am is uncomfortable, there's something to be learned in the discomfort. If I am hesitant to launch my website, there is valuable information to be gleaned in the discomfort. In this case, I could see that I was more concerned with other people's opinions of me, than in doing the work I feel called to do, work that is important to me. In my opinion, living like that isn't living a joyous life. If my work is hindered by perfectionistic tendencies, there is something valuable to learn in the situation; if I'm angry, there's something for me to look at and tell the truth about. I may think life is supposed to be different, but it is exactly the way it is, so in my disappointment, I have an opportunity to discover a lesson in what is happening now, an opportunity to love what is, an opportunity to say "yes" to what God has made. By investigating my situation, by bringing God's truth, light, and clarity to it, I can begin to see the good in even difficult situations.

So, what is so great about perfect? Like many things, it's a matter of how you hold it – hold it loosely, let it guide you, and it can be beneficial; clench it tightly and it's likely to strangle you. Either way, we can learn something from our relationship with it. What a gift we've been given - Life - what an amazing learning/teaching tool!

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