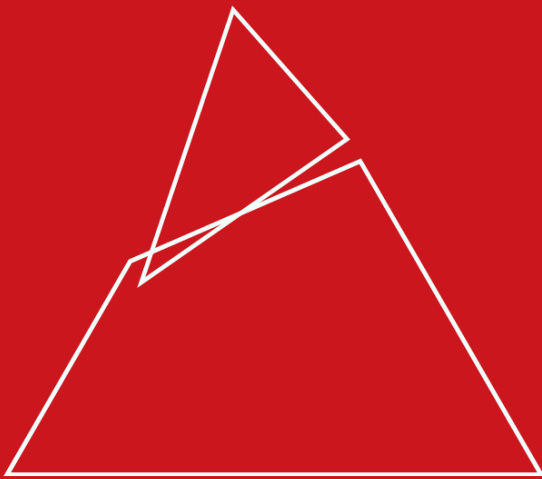


FUNSHEET PERFECTLY IMPERFECT



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



Are you a perfectionist?

THIS OR THAT

Perfection versus Excellence

Perfectionism

- An innate, deep rooted, camouflaged fear that implies if you drop your guards, then people will see you as imperfect and unacceptable person
- Underlying thought: *What will people think of me?*
- No room for error
- Low learning curve
- Result driven

Striving for Excellence

- Making sure you have done everything in your capacity to deliver a masterpiece. Or at least your best work.
- Underlying thought: *Have I given my best shot?*
- Experimental approach and room for mistakes
- Steep learning curve
- Process driven

Graphology test:

Write anything that comes to your mind in the box below.
(3-4 sentences)

Now observe & compare your letter M, with the very famous MJ



The actual letter formation: The stroke is found in the letter m - upper as well as lower case. Notice the way you form your two humps in the letter m. If the second hump is taller than the first one.

Spell breaker 2: Take Baby Steps

Set up an experiment

This is an experiment in two things. First one is obviously to learn a skill and second is to learn more about your learning style. What keeps you on course? What causes distractions? What are your consistency boosters?

- Set a Small goal - Think of 3 possible options & commit to any one. Make sure you stay committed to that one at least for a month. Don't fuss about your selection. It's just an experiment.

a. _____

b. _____

c. _____

- Decide the outcomes after research - What are working towards? What levels will you reach? Something that helps you strive?

a. _____

b. _____

c. _____

- Set a timeline - Minimum 30 days is a good timeline for a short experiment but choose anything you like.

Days: _____

Finishing Date: _____

- List all the possible actions you can take - Ask friends who are in that skill for many years. Do your research. A rough action plan.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

Spell breaker 3: Don't believe the mean abuser!

- Listen to what you are saying to yourself:
 1. Notice what your inner voice is saying.
- Challenge your self-talk
 1. Is there any actual evidence for what I'm thinking?
 2. What would I say if a friend were in a similar situation?
 3. Can I do anything to change what I'm feeling bad about?
- Change your self-talk
 1. Think of alternate ways in which you'll think of self talk, when you go down the same critical pattern.

Spell breaker 4: Embrace yourself for being 'perfectly imperfect'

The Japanese call it '*kintsugi*'. This is the art of repairing broken pottery with a golden inlay. Instead of discarding the broken piece, it is restored. The gold serves to highlight the break and becomes part of the history and presence of the piece. The fault is not hidden but highlighted. The piece is perfectly imperfect.



Imperfection is fluid, perfection is cast in a stone. Progress requires imperfection. The very moment you embrace your imperfections, your defensive guards become redundant and useless. Author and researcher Brene brown says, 'Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.' *Perfectly imperfect.*

#COVID INITIATIVE

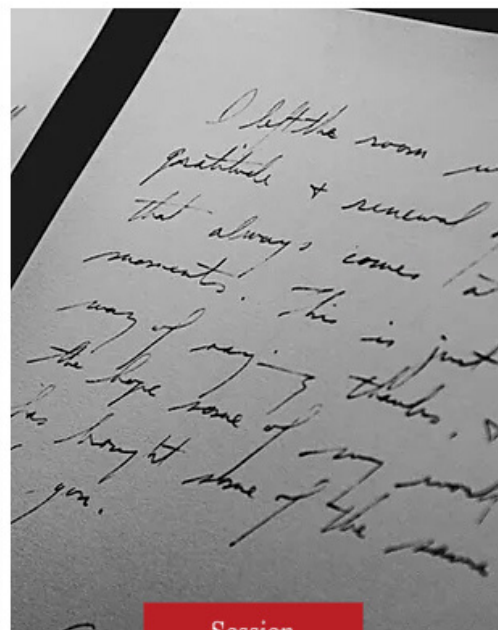
Lockdown is not a breakdown. Let's deal with anxiety together.



Journal

Journal Write Now

A 21 day free anti anxiety journaling workshop that will help you be more equipped to deal with your challenges, stress & anxiety.



Session

Written Gift

A free handwriting analysis session with Aditi, everyday till the lockdown continues in India for whoever wishes to connect, speak and resolve something.

Register here

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