

**SINCERELY, XO EMILY**

# **THE MISCONCEPTION OF PERFECTION**

There is a premise that underlies a lot of our beliefs: that happiness is an algorithm, that it can be worked for and ultimately earned.

If I achieve X, then I can be happy. If I look like Y, then I can be happy.  
If I date someone like Z, then I can be happy.

And the goal posts keep coming.

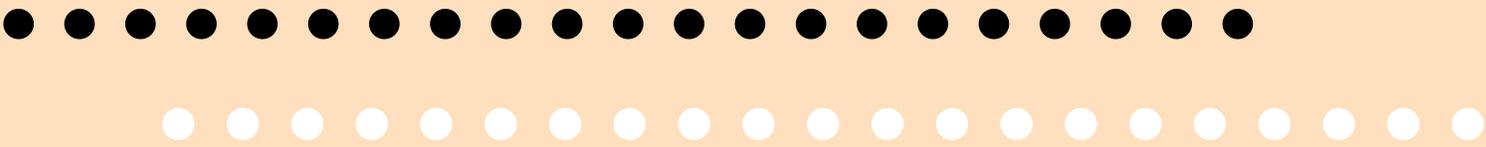
The problem arises when we forget two major laws of life:  
Anything you try to accomplish out of self-hatred will never bring you  
self-love.

In other words, you hating yourself and doing a complete 180 on your diet, lifestyle, relationships, career, etc. will not bring you joy or self-acceptance, it will just make the race harder and longer.

The second thing is this, perfectionists believe in perfection. Which, if you didn't know, doesn't exist. Perfectionists strive for goal after goal after goal and we usually achieve them all! Then, we find ourselves making new 'happy goals' new things that will make us love ourselves, new mountains to climb and new wars to win.

**What if we could just love ourselves here and now?**

There will always be another award to chase, something shiny to desire, a new goal weight, a fresh 'all-or-nothing' challenge, so allow me to be clear on something, "If you cannot love the girl or boy sitting here and now in this room with me for all his or her flaws, failures, judgments or insecurities, you will never be happy... no matter what perfect lifestyle you chase or even ultimately achieve because... it's still you.



**You are the  
abundance you're  
looking for, so stop  
chasing.**



# acceptance

**The trick to being happy is being happy here not in a 'more desirable light.'**

1. I am able to love myself right now because \_\_\_\_.



2. Something that makes me special and unique is \_\_\_\_.



3. I'm not angry with my insecurities rather I accept them completely because \_\_\_\_ makes me \_\_\_\_ (keep it positive my love)!



# forgiveness

**No amount of self-hatred will ever  
bring about a life of self-love.**

1. I forgive myself for feeling \_\_\_\_ about myself.



2. I acknowledge that my flaws make me flawless and I forgive myself for ignoring my past pain such as \_\_\_\_.



3. Even though I am struggling with \_\_\_\_, I feel \_\_\_\_ about myself.



# replacement

**Your mind will believe anything if you constantly repeat it to yourself, so let's start repeating self-love rather than self-hatred.**

1. I am worthy enough now because I am \_\_\_\_.



2. No one else can ever be me and I'm so grateful that I am \_\_\_\_.



3. I do not see my struggles or insecurities as bad, rather I see them as an opportunity for \_\_\_\_.



# transformation

**Take one NEW step every day in gratitude. When you begin to understand that "You're enough here," rather than "You will be enough when," you'll truly transform your life and find self-worthiness and confidence in your present, perfectly imperfect state.**

I am happy and confident in myself, therefore any goal I set for myself is solely made out of love knowing that I am more than my worldly achievements and no one can change the way I value myself for being enough just as I am.

Repeat this 10X until the New Year... I want to then see what your New Year's Resolutions are and how you hopefully feel you don't HAVE to change a thing about you especially if that intention is coming from insecurities, fears, self-hatred and self-loathing.



I hope this training helped you recognize and celebrate the abundance that you already are and not the 'things' you feel you must be chasing!

**Stay connected with me!**

**Let me know your takeaways and if you're interested in filling 1 of my 5 new coaching slots on this topic, slide into those DM's girl and let's chat, so you can kickoff the new year achieving goals out of love and valuing yourself without the exhausting race of perfection.**

sincerely  
*emily* ♥