

Huddle Call Inspiration

December 13, 2021

From Chrissy Amundson, Inspired by: Brene Brown's The Gifts of Imperfection

As we near the end of the year, we find ourselves surrounded by goal-setting and new year's resolutions – all of our wonderful plans we're putting in place to improve ourselves, our lives and our business. With that can come a strong sense of purpose and optimism, but it's also a reality that it can come with fears of being not-good-enough, pressure, shame or fear of failure.

So, as you are setting those goals and striving for better, I also want to remind you to give yourself grace and I was inspired by Brene Brown's book, *The Gifts of Imperfection*. She shares 10 guideposts for owning your life story and embracing your vulnerabilities. I want to share with you the first two guideposts she recommends that I think can lend some strength to the weakness or fear we can feel as part of growing.

- 1) Cultivating authenticity, authenticity is not something we have or don't have. It's a practice, a conscious choice of how we want to live. Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen.

Authenticity is the daily practice of letting go of who we think we're supposed to be embracing who we are. Choosing authenticity means cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable; exercise the compassion that comes from knowing that we are all made of strength and struggle; and nurturing the connection and sense of belonging that can only happen when we believe that we are enough.

Mindfully practicing authenticity during our most soul-searching struggles is how we invite grace, gratitude, and joy into our lives.

- 2) Cultivating self-compassion: letting go of perfectionism. Perfectionism is not the same thing as striving to be your best. Perfectionism is not about healthy achievement and growth. Perfectionism is the belief that if we live perfect, look perfect, and act perfect we can minimize or avoid the pain of blame, judgment, and shame. It's a shield.

We're thinking it will protect us when, in fact, it's a thing that's really preventing us from taking flight. Perfectionism is not self-improvement. Perfectionism at its core is about trying to earn approval and acceptance. Most perfectionist were raised being praised for achievement and performance. Somewhere along the way, we adopt this dangerous and debilitating belief system: I am what I accomplish and how well I accomplish it. Healthy striving is self-focused - how can I improve? Perfectionism is other-focused - what will they think?

Dig deep. Get deliberate, get inspired, and get going. Sometimes it helps me to wake up in the morning until myself, "today, I'm going to believe that showing up is enough."

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She shared that she sees how owning our story (despite imperfections and struggle) and loving ourselves through that process is the bravest thing that we will ever do - that cultivating a whole hearted life is not like trying to reach a destination. We never really arrive but we certainly know that we're heading in the right direction.

She now sees how the gifts of courage, compassion, and connection only work when they are exercised every day. The work of cultivating and letting go that shows up in these and the other guideposts is not a to do list, it's not something we accomplish or check off our list. It's life work – when we embrace this work, we are able to see how we can truly change ourselves, our families, and our communities.

So today and into the new year, while you focus on self-improvement, also remember the words of Christopher K Germer – he said, “A moment of self compassion can change your entire day. A string of such moments can change the course of your life.”