

Goodbye, Perfect

BY HOMAIRA KABIR

Discussion Questions



How to Let Go of Pleasing, Proving, and Pushing for Others...And Live for Yourself

Reflection questions to go from perfection to transformation.

Because transformation happens when we build our awareness and act in alignment with who we are and what we value.

Reflection questions to distance:

- Where is your life are you striving to be perfect?
 - What are the thoughts or behaviors you're engaging in as a result?
 - How are they keeping you from being true to your needs, desires, or self-expression?
-
- When you reflect of the major influences on your life (people, events, circumstances...), what beliefs may have developed as a result?
 - Which of these are unhelpful or disempowering?
 - Do your perfectionist thoughts and behaviors make sense given these beliefs and experiences?
-
- Given that true confidence emerges from living in alignment with ourselves—and leads to self-actualization—what changes can you make to be true to who you are and what you want?
 - What stops you?

Reflection questions to align:

- Do you have a loud inner critic voice? When does it show up? What does it say?
- How can you distance yourself from the voice? Have you tried being kinder and more accepting of yourself?

Goodbye, Perfect

BY HOMAIRA KABIR

Discussion Questions



- Do you tend to be judgmental of other people (at work or at home?) How can you learn to see the good in them?
 - Where in your life are you afraid of speaking up, or avoiding an important conversation? How will you advocate for yourself?
-
- Do you feel you're doing the work you're meant to do at this stage in your life?
 - What are some of the ways you can bring more joy and meaning into your work?
-
- Is self-doubt, or being comfortable where you are, stopping you from taking action? What are some ways you can build the courage to act?
 - Is the Imposter Syndrome a nagging feeling in your life? When does it show up, and what are some of the ways you can remind yourself that you're deserving of the praise or success?

As you live in alignment with who you are and what you want, don't forget to stop and smell the roses.

Little joys are the essence of life—and they are everywhere for your taking.