

✨ Choosing Real Over Perfect: Takeaway Sheet

The Pursuit of Perfection ~ Week 4: 7-28-25

Use this sheet to reflect on what it really means to choose real over perfect — and why authenticity is your superpower.



Letting Go of Comparison: Their Journey Isn't Your Assignment

- Someone else's success doesn't mean you're behind.
- Your path is valid — even if it looks different.
- Peace grows when you stop measuring yourself against others.



Joy Lives in Ordinary Moments — Not Perfect Ones

- You don't have to wait for the “big” moments to feel joy.
- Presence unlocks joy in your everyday life.
- The little things often carry the most meaning.



What “Real” Looks Like: Laughter, Tears, Sweatpants, and Honest Conversations

- Real connection thrives in authenticity.
- You don't need to have it all together to be loved.
- Embrace the mess — it's where your humanity shines.



The Gift of Authenticity: Attracting Aligned Friendships, Freedom, and Fun

- Being real invites the right people into your life.
- Authenticity creates more ease, joy, and connection.
- Freedom begins when you stop performing and start being.