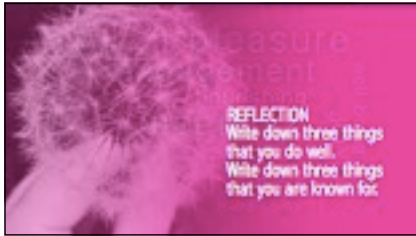




THE PERFECTION DETOX



pleasure engagement

REFLECTION
Write down three things that you do well. Write down three things that you are known for.



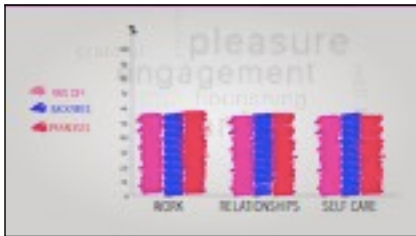
Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life.

ANNE LAHOTT



pleasure engagement

REFLECTION
When you think of striving to be perfect does it add more joy to your life or suck the joy out of you?



Measurement
Reflection
Does this thought move me closer to what really matters?

WARNING
REFLECTIONS IN THE MIRROR MAY BE DISTORTED BY SOCIETAL STEREOTYPES ABOUT BEAUTY

Measurement
The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel.
STEVE PURTICK

Measurement
Reflection
What would you do, attempt, explore, if you knew if you didn't have to be perfect?

Measurement
Reflection
If I knew it did not need to be perfect I would...
J. N. 4. 2019





A series of horizontal lines for writing, corresponding to each of the five images on the left.



