



YOU DON'T  
HAVE TO BE

perfect

TO BE LOVED

Use this journaling exercise to understand  
the reason behind you believing, that you  
have to be perfect.  
And find other ways to satisfy this need.

Make yourself a nice cup of tea,  
light a candle, make yourself cozy  
and listen to beautiful music  
(e.g. my „Heart Space“ playlist on spotify).

IN WHICH SITUATIONS DO I THINK I NEED TO BE PERFECT?

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WHO AM I COMPARING MYSELF TO?

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HOW DO I FEEL, WHEN I'M SURROUNDED (ONLINE & OFFLINE)  
BY A PERSON THAT SEEMS TO BE / DO THINGS PERFECT?

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WHAT DO I THINK I RECEIVE, WHEN I'M PERFECT  
(IN THE ABOVE MENTIONED SITUATIONS)?

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YOU DON'T HAVE TO BE PERFECT

WHEN DO I FEEL CONNECTED TO OTHERS?

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HOW DO I WANT TO MAKE OTHER PEOPLE FEEL?

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HOW CAN I SHOW UP TO MAKE OTHERS FEEL THAT WAY?

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HOW CAN I SHOW UP TO FEEL GOOD ABOUT MYSELF?

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YOU DON'T HAVE TO BE PERFECT



you don't have to be perfect.  
having a bad day is ok.  
small steps are also progress.  
asking for help is strength.  
people love and appreciate you.

S I M O N E.

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