

Developing the Courage to BE IMPERFECT*

With the courage to be imperfect, people can focus on the present time rather than worry about the past.

Take a few minutes to consider the following points:

1. People should be encouraged, not expected, to pursue perfection.
2. When we try to be better or “more” than other people, we are demonstrating our concern with self-elevation and with our own prestige rather than our concern for other people.
3. Are you motivated primarily to help others, or to be superior to them?
4. It is better to have the desire to be useful than to have the desire for self-elevation. The latter is accompanied by constant fear of making mistakes.
5. Mistakes can be regarded as aids to learning. Mistakes are not failures.
7. Too many human relationships are mistake-centered and fault-finding.
8. Mistakes are unavoidable and, in most cases, less important than what the individual does after he or she has made a mistake.
9. Limit yourself to what you can do. Don't try to correct or change too many things.
10. Develop a sense of your own personal strength and worth.
11. Discouragement, fierce competition, unrealistically high standards, and overambition characterize many ineffective, unhappy human beings. High ambition is directly related to the depth of one's feelings of inferiority.
12. Develop the courage to cope with the challenges of living.

*The concept of the Courage to Be Imperfect was originally developed by Dr. Rudolf Dreikurs.

