

Gifts of Imperfection: Insights gained through digging deep

Preface

- 1) Make your own dos and don't list of what you see a person living who is wholehearted in behaviors and internal strengths. See page x in preface for examples

Introduction – Wholehearted living

- 1) What does it take to live and love from a place of worthiness?
- 2) How do I embrace imperfection?
- 3) How do I cultivate what I need to let go of things (attitudes, behaviors, beliefs, people) that are holding me back?

When I get overwhelmed I will DIG DEEP committing to:

- 1) Deliberate in my thoughts and behaviors through prayer, meditation, letting go, affirming myself to set an intention for the moment, day, week.
- 2) Inspire myself in some way such as visualization, reading, writing, physical activity, play, relaxing, movement, spiritual practice, connection, service.
- 3) Going. TAKE ACTION

As I dig deep and find these actions to do, I will not turn back to mediocrity, I am worthy of taking time and effort to find and do this to move my life forward. I will not remain stuck, finding inside my path that God has for me and living it to my fullest ability.

What are the dark parts of my life I don't want to examine?

- 1) Inner darkness no one knows or sees
- 2) Outside darkness behaviors and actions I engage in

Why am I afraid to discover the infinite power of my light?

Darkness is the absents of light