

What we say to ourselves and about ourselves either grants freedom or locks us up. This is why when we say "Fake it," we're reinforcing something that we're not good enough. Did you get that? That we have to fake it because we're not good enough?? That hit me like a cosmic 2 x 4.

We don't need to fake being someone else, to do so is to say who you are right now isn't enough. It reinforces feelings of not-enoughness, hopelessness and, even worthlessness.

It says "I have to fake it too! I make it because who I am now isn't enough."

First of all, **you are enough!**

I believe we get wrapped up in all-or-nothingness because we haven't quite realized EXCELLENCE is the way out.

Excellence allows for mistakes, it doesn't excuse us, nor does it quit. Excellence gives room for creativity so we can find our way to a solution, regardless of the problem.

On the other hand, perfectionism is exhausting while excellence is exhilarating. Perfectionism is a prison and

excellence is freedom. Perfectionism demands absolute adherence, excellence gives wiggle room because excellence encourages the need for customizing to make it fit just for you- this is crucial; you need to do this for your specific needs, not everyone is you!

To embrace who we are (not fakery) is to embrace all of who we are BECAUSE being it till you see it is how you nurture the newborn habits you want in your life. You can want an extraordinary life without perfect mucking it up.

Excellence and vibrancy can coexist, y'all, and here are 5 ways this works:

1. Perfect doesn't exist this side of glory.
2. Perfect robs us of willingness.
3. Perfect has no scope of the imagination.
4. Perfect keeps you in chronic unhappiness.
5. Procrastination's BFF is perfectionism.