

Loving Your Imperfections

Day Ten

We are all human. We are all going to make a mistake sometime or another. Some mistakes might be **big** (cheating on a partner, stealing the credit for someone else's hard work or hurting someone's feelings on purpose) or **small** (leaving the milk out, leaving laundry on the floor, or forgetting to acknowledge a good deed). One of my favorite books I read to my daughters is "It's Ok to Make Mistakes" by Todd Parr, because IT IS TRUE. Mistakes are often how we learn best; and yet for some reason we HATE to make them. Big or Small mistakes are a necessary part of personal growth and accepting them as such can have a big impact on our self-worth and ability to love ourselves (and others) despite our beautiful imperfections.

Meditation and Exercise

The visualization today is a bit more challenging than the preceding ones, because it requires a level of self-esteem and a willingness to risk vulnerability to change perceptions, attitudes and behaviors, when we feel a mistake has been made. If you feel uncomfortable at any time, please open your eyes and come back into the present moment and safety.

During this exercise, you will have a chance to express anger that you may be harboring and maybe figure out its source. Sometimes we cannot express our anger safely or we explode over something that is directed at the wrong person (aka you're mad at your husband and you yell at your kids). Just be gentle with yourself and open your eyes if you begin to feel overwhelmed and need to feel grounded. You will find the link under day ten in our classroom.

1) After you have finished the meditation, take a moment to think about someone that you have felt wronged by in the past. When you think about it, notice the feelings that arise in your body. You may even re-experience some of the feelings as though it's happening in the present. This is OK, accept that the feelings are there and do not try to change them. Acknowledge them with a kindly gentle awareness.

2) While experiencing these emotions, take a few minutes to write a letter to the person forgiving them. If you can't forgive everything they said or did, try to forgive one of their actions or just accept that they were just doing the best they could in that moment.

Dear _____,

I am writing to you because even after all these years I am still hurt by when you_____. It makes me so mad to think about when you _____ . You didn't even care what the impact of your actions were going to be and it made me feel____
_____.

It made me make some choices I'm not proud of like _____
_____.

Most of all it makes me sad. If only _____ hadn't happened, maybe we would still have a relationship today/have a better relationship today. I am not writing this to rehash the past or make you feel bad. I am writing this to say that I forgive you. I choose to believe that you did not intend for your actions to impact me by

While I don't forgive (the action) _____, I am forgiving YOU. I am choosing to look at the pain you caused me as an opportunity for me to grow into the amazing person I am today. I am sending you peace and hope that you have had a great life/chosen to make good decisions/have been able to forgive yourself. I am choosing love over hate and I know that this letter is freeing both of us. May this letter inspire you to do something kind today, like

_____. I am going to take a bath/volunteer/call a friend to thank them.

Fond regards,

3) Sending the letter is NOT a requirement

Taking the time to forgive and writing a letter to the offender has been shown to reduce levels of anger and anxiety. When we hold resentments and anger against another person it is ultimately us who suffers the most. Holding on to anger when it's in the past can cloud our present moment and dampen our ability to experience true joy in the NOW. This can also be an opportunity to forgive YOURSELF for hurting other people. You can even write a letter to your younger self, forgiving her for past mistakes. This is another gift of being in the present. What is done is done, now it's time to move forward from an empowered place. YOU are not a victim. You have power in your life and YOU get to decide how others treat you by what you are willing to accept. Cultivate your inner power every day by setting appropriate boundaries.

Day 10



IN ALL THE WAYS THAT I AM BEING
a victim in my life i choose
TO STEP INTO MY POWER
and let them go today.

Wisdom Questions

Think of how you might experience the world differently if you no longer were holding on to anger or resentment. Would you sleep better? Would you interact with your children differently? Is there anything that you need to forgive yourself for? How are you at setting boundaries?

Once you have practiced your meditation and written your letter, share in our Facebook group what the experience was like for you and whether it was beneficial.

Essential Oil Suggestion

Use **Motivate** to start your day and in the afternoon around 3pm

Use **Peace** around 6pm and anytime you feel anxious and **Lavender** right before bed

Use **Forgive** or **Console** during the exercise and journaling

EFT Prompt/Affirmation

Repeat three times while tapping on karate chop point.

Even though I hold on to anger for longer than I should, I deeply love and accept myself.

Day Ten Checklist

- Say YES! to self-care
- Do the meditation
- Write a letter to someone you are holding anger towards
- Write in your journal
- Connect with other mamas in our Facebook group
- Use Essential Oils
- Do EFT exercise

