



# Get Naked – Day 30

*I Am Perfectly Imperfect*

- 1) What are you good at? What is something that you are really proud of? Take the time to list a few things with at least one that truly ignites that light within.

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***Go stand in front of a mirror and say, “I am truly proud of you for”***

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- 2) What do you suck at? List three things you aren’t so good at. Be honest with yourself and don’t beat up on yourself. One of these is going to be something you are going to accept and decide to work on in some way (like me not taking things so personally or cooling my jets when I get revved up).

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***Take the one that you’d like to work on or improve in your life, stand in front of the mirror and say, “Even though \_\_\_\_\_, I still deeply and completely love and accept you.”***



- 3) Take a few things from the above list and decide which of those don't really matter. Maybe you're not a very good singer. If you're not cutting a record any time soon, does that really matter? Perhaps you aren't very good at public speaking. If you have no paid gigs coming up for public speaking, then you might consider letting that one go.

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***In front of the mirror, "It's fine that I'm not good at \_\_\_\_\_,  
I am perfectly imperfect!"***