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CULTIVATING COURAGE WITH CHAILLE

Living Into Being Enough

By Chaille DeFaria MCC, CDWF

Do you show up every day striving to be your best self? Is that good enough, or do you quietly seek approval from others to self-check your well-being?

Every day can feel like an unconscious effort to be liked, to impress, if you will. Whether it be at work, as a parent, on social media, or your daily interactions in the world.

I spent a good part of my life being externally driven by what other people thought of me. Am I doing or saying the right thing? Is my voice good enough for this recording project? Am I worthy of getting this job? Am I pretty or thin enough? The list goes on.

Who doesn't want to feel validated? I think we would all agree that we want to feel accepted and appreciated, so how do we stay connected to our own internal compass? – that part of us that strives to be our best self. Why is it we often sacrifice our thoughts and behaviors to benefit someone else's expectations of us?

It wasn't until I began facilitating Brené Brown's research that I learned the driving force behind being imperfect: vulnerability. The emotional risk of uncertainty, not knowing the outcome, is scary. The desire to be perfect found a front row seat in my head. Being a perfectionist is exhausting and addictive because when you've experienced shame, judgement, and blame, you believe it's because you aren't perfect enough. Feeling anxious and unworthy was becoming my norm.

How do we get on the path to building and reinforcing our self-worth?

UNDERSTAND HOW PERFECTIONISM OPERATES SO IT CANNOT OPERATE YOU

When you can recognize when you are being driven by an external audit (what other people think) you know you have been hooked. Know your values and stand in them. They are yours to live into.

EMBRACE UNCERTAINTY

Yes, it is uncomfortable, but try and observe the discomfort instead of reacting to it. Realize that controlling the outcome of any situation is virtually impossible. Bringing awareness and intention to the discomfort will make space for you to get out of your head and into being present in your mind and in your body.

STRIVE FOR EXCELLENCE

Know that you are imperfect like the rest of us. Maybe at the end of a hard day you can acknowledge "That was a challenging day, and I didn't meet all expectations, but I showed up and did my best. I am not just a human doing. I am a human being."

Not every day of our life unfolds the way we planned or hoped, so find the self-compassion to acknowledge you are imperfect. It is important to have a sense of love and belonging. That is enough for me.

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