

# WHEN OK IS GOOD ENOUGH

Alright, who are the perfectionists in the room? I would love to know. I would love to know if you are someone who has really high expectations for themselves, and perhaps you used to meet those expectations. You were a real high achiever. Everything was, kind of, happening for you.

And then perhaps you had children, or then perhaps you took on a huge job role, and suddenly you're like, 'Why aren't I feeling like the amazing person I know I am inside? Why can't I do these jobs the way I thought I was going to be able to? Why aren't I doing the things for my children that I really know I should be doing? And oh my gosh, when am I ever going to get back to the gym?'

So normal. But you know the only person who is holding you to these expectations is you. So, what we're doing today is we're defining when OK is good enough. What are the things that you try to bring your best self to, in your life, and feel like you're falling short? Or, what about when you commit to doing something, you want to give it 100% but you've only got about 30% to give? When is OK good enough for you? Where are there places in your life right now that you don't feel like you're doing the best job at? And when is that actually OK?

My guess is, most places. Because most of us can't do all the things at 100%. It's not even really logical, when you think about it. There are going to be times when we give our attention to one certain thing. Like, the way I am parenting my youngest child, so different to the way I parented my eldest, when it was, you know, him and me, that's all I had. Life is so different for my third, but you know what? I'm doing good enough. I'm doing great!

We have to be able to stop, and this is something I've learnt recently. Pause for applause.

Because I was holding myself to these expectations that I'm actually never going to reach. So, until I get cool with me bringing whatever it is I have, in this moment – to projects, to my work, to my house, to my kids, to my husband, to my friends – then when am I ever going to be satisfied? When is OK good enough? Can you let it be OK?