

Welcome to the Art of Purpose podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation and support as you practice the art of purpose.

Hey, thank you so much for joining me for another purposeful pause. As I've mentioned, pausing throughout the day, taking a conscious breath and learn to do this more often has really benefited me in all aspects of my life. So again, I'm glad you're here with me today. I'd like to talk about a belief that has been and continues to be one that I am really working on paying attention to and changing. It's around perfection. And I have to tell you what a loaded word that is for me especially.

However, I believe it is for a lot of people. So I grew up and I still catch myself believing that perfection is a place that can be attained. However, as Salvador Dali reminds us, quote, Have no fear of perfection. You'll never reach it, end quote. I find that especially refreshing to remember. I need that. I need that reminder a lot. So I believe that the attachment to perfection is true for a lot of us.

And as we're just all busy in this hustle and grind, grasping for the future idea of getting or being somewhere new and different, striving for a destination. And we hear a lot these days this it's the journey, not the destination. And I've even talked a bit about that. However, can we really bring this home into our hearts instead of just hearing it in our heads? Having it be aliveness and not just words. So how does that really feel for you about being in the journey and not the destination?

And so how does perfection play into being on this journey? Perfection is tied to fear. Fear of making mistakes and fear of being judged. We push ourselves for excellence, attempt to control things and events, so we'll be accepted. And oh my gosh, how friggin exhausting is that? It comes down to this. I believe we're afraid of not being enough and somewhere in that, that's how we feel about ourselves.

But when I went through a long creative constipation, this is my phrase, my, my creative constipation phase, I was stuck in fear because I believe that I needed to be perfect to create perfectly. I should know how to do this. All the thoughts that I put on in myself, the pressures, and I saw how this mindset was affecting how I did everything in my life. It was holding me back. This fear of not being good enough, of not being perfect before I could even start doing anything.

And to be honest, I am still practicing this today. You know, it's a very ingrained program and however I can see and feel progress on this because I've been practicing and I had this intention of really facing this and looking at these areas in my life. So I have to say it does pay off. And I have to say there is a place and a time to prepare and educate ourselves, learn what we can, and then it's time to just jump in and know that we do know how to swim. Now we need to practice.

So it's like gaining that confidence and information that we need from doing it, from diving in and doing it. This is why you hear a lot of involved business people say fail and fail often because really that is where we gain the greatest information and this is where we then can improve. This is why paying attention and being curious about our thoughts and being a true friend to ourselves is so important.

Coming back to this moment, letting go of the future of outcomes that we think we can control of this idea

of perfection. You know what is that anyway? What does that look like? So enjoy this moment on the journey because we really can change how we view things and we can choose a new perspective. A quest for perfection is not living. It's not attainable, it's not authentic, and it keeps us stagnant.

So where do you have perfection tendencies? How do you feel letting that run the show? Those are the signs and signals to step back and reassess how we are thinking and approaching things when we let go of believing we have control over anything other than our thoughts. We open ourselves up to life's best surprises and meaningful moments.

Live in the present moment where fear does not reside because you are enough and you are right where you are meant to be. Thank you so much for being here with me. Thank you for listening to the Art of Purpose podcast. I hope you found today's episode insightful and inspiring.

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Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose podcast.