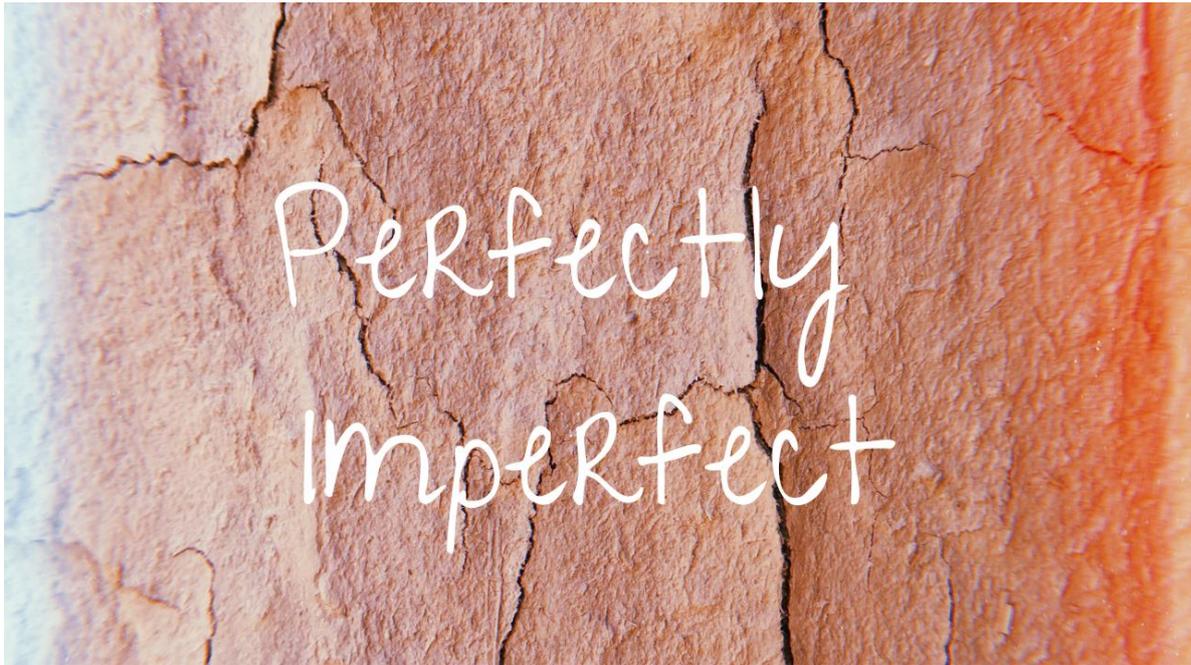


Imperfect



- Modern society has an unhealthy obsession with perfection. Whether it's endlessly curating your image on social media, or relentlessly driving up standards in school. Deep down we know that this only adds to our stress levels and damages our emotional well-being.
- It's the flaws and imperfections in nature that have led to the incredible diversity and beauty of the natural world.
- In our human relationships, it's learning to accept each other's imperfections that teaches us empathy, forgiveness and to love others unconditionally.
- Perhaps we should give ourselves – and others – permission to fail sometimes? Or to be 'good enough.'

'Forget your perfect offering. There's a crack in everything, that's how the light gets in.'

Leonard Cohen, Anthem

