

Growing Happiness with Lori Brown

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When we think of the month of February we often think of love or finding the perfect relationship. This month, in my weekly [blog](#), I will be sharing four stories related to the pursuit of perfection in love, life, work and family. In their own way, each of these stories has taught me about my struggle with perfectionism, about being good enough and letting others be enough just the way they are.

I feel the need to share these stories for two reasons: First, these stories are personal and I believe when we speak our truth, it resonates with others in a way that scientific studies and facts cannot begin to touch. Second, I believe perfectionism is an epidemic in our society that is detrimental to our families and our own well-being. My hope is that you will be able to take something away from one of these stories and apply it to an area in your own life. I am not proposing mediocrity, but perspective on what truly matters. I hope it allows you to see perfection in a new light.

Each day, moments arise, that cause us pain, irritation or set us back. Grieve, get angry, get emotional, but then get some perspective and move forward. We can live in that place of disappointment and negativity or we can step outside that box and begin fresh.

My challenge to you this month is to pause for a moment and reflect on your pursuit of perfection. Is it healthy? Do you have balance? Will it make a difference in your life that truly matters? Are you happy? If you are interested in having someone help you to clear your path, walk beside you in your journey of transformation and hold you accountable to your goals please contact me at [lori.growinghappiness@gmail.com](mailto:lori.growinghappiness@gmail.com) or 719-210-1437. You can also find me on Twitter @Grow\_Happiness and on Facebook at the following link:

<https://www.facebook.com/#!/pages/Growing-Happiness/310203602326333>

Peace & Gratitude,

Lori Brown

***"Life is change. Growth is optional. Choose Wisely." Karen Kaiser Clark***