

# Good Enough

Stop Seeking Perfection and Approval

Bryan L. Hutchinson

“ If you look for perfection, you'll never be content.”

— Leo Tolstoy

Most of us have been taught to be **very hard** on ourselves, to stretch beyond. To always **seek perfection.**

You don't have to **reach** perfection,  
so they say, but you must  
**strive for it.**

*Why?*

What's so perfect about being perfect?

*Not much.*

*wrong*

*wrong*

What's **wRONG** with being good enough?

*Nothing.*



Perfection is a *myth*.  
The need for it often increases...

*Myth*

# *Doubt*

We all have this deep-seated feeling inside.

*Approval*

The ambition for perfection gives us  
an insatiable need for approval.

*Approval*

Too many of us **believe** that if we gain **approval**, that it will build our confidence and alleviate our doubts.

*Validation*

The reality is:

There's a part of us that constantly seeks **perfection**  
and **approval** and if we do not take control  
of it, **it will take control of us.**

**Doubt** comes from believing that no matter how much we try, nothing we do will be enough. Even if we are **congratulated** for our efforts, somewhere inside of us we believe **it should have been better!**

I struggle with doubt every day.

When I publish a new article for my blog, a newspaper  
or a magazine, or when I release a new book,  
a discouraging voice tells me  
I could have written it:

Clearer. Wiser. Better.

It's not perfect.

What I am writing, **right now**, is not perfect!

Nothing I do is perfect.



# *Perfection*

Too often we set ourselves up to try to attain that which  
is **unattainable.**

*Business*

Here's my first  
recommendation:

Be kind to yourself.

*Kindness*

Nothing will ever be  
perfect.

However:

Your **good enough**  
may be **better**  
than you think.

If you're not kind to yourself  
you might discredit your efforts or

**stop**

before you reach the finish line.

People who strive to be

good enough

do great things.

*They become filled with  
Passion!*

*Passion*

*Desire*

*Desire!*



*Motivation!*

*Motivation*

Because they are not hindered  
By believing that their efforts must be:

Flawless.

People who seek to be flawless, or  
avoid criticism, usually don't come up with  
anything special because they are too afraid  
to let go.

When we try to be perfect we lose touch with  
our creativity, our motivation, our desire  
and our passion.

They become hidden behind a cloak of constant

panic and dread.

But, our creativity, motivation,  
desire and passion are there –  
waiting for us to realize...

Good enough is **GOOD ENOUGH.**

“ Better a diamond with a flaw than a pebble without. ”

— Confucius

*Believe it.*

No one cares as much about what you do as **you do**.  
No one will appreciate your work, your creativity or  
any of your efforts as much as **you should**.

In the eyes of others you will  
never be good enough.

**You. Can't. Be.**

Because even if they say you are great, fantastic  
and wonderful, your own inner doubt will not  
believe it.



Good enough is putting your best effort forth with the understanding that it is the best you can do **right now** whether anyone approves of it or not. What you are doing is **not** perfect and it doesn't need to be, **nor can it be.**

Perfection is **not for us mere mortals.**  
People like you and me make mistakes.  
We must learn and improve as we go.

*The Way*

Being good enough is

*The Way*

to becoming **more creative** and **productive**.

**Work** to make your efforts good enough, often enough. That's called **practice**. Your good enough will improve naturally by learning from your mistakes, instead of being inhibited with the fear of making them.

Only then will your **creativity flow** and your **contentment bloom**.



“ Anyone who has never made a mistake has never tried anything new. ”

— Albert Einstein

*Recommendations:*

Show kindness to  
others.

Unfortunately, there are people who criticize, chastise and ridicule others for their work, efforts and accomplishments.

They are like cats, always ready to pounce.  
Their own insecurities are their trigger.

**They can't help it.**

Being good enough recognizes that others' are trying their best, too. We can only become good enough if we respect their efforts as well.

# Let go.

Discover your abilities without expectation.  
Let your creativity flow without the need to satisfy  
anyone nor the fear of making a mistake.

Be good enough for the sake of doing and not for the  
sake of getting, because being good enough is  
about using your fears and creating from  
them, not avoiding them.

This allows you to realize **your potential**.



“ You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”

— Eleanor Roosevelt

Doing our best to be good enough creates **possibilities** and fills us with **optimism** and **hope**. Whereas seeking perfection gives way to cynicism and our ever familiar companion: *doubt*.

Believe in yourself unwaveringly and never take “no” for an answer. Give it **your all** and absolutely never take any criticism or setback personally.

**Success** produces **more success**, but keep in mind that life is not always a straight line. Sometimes we have a bit of luck and sometimes things just don't go our way.

Despite our best intentions and efforts, we will have many blocked roads and detours.

In this way, life is like a game. Make the best move when you can and take necessary alternative moves when you need to. Sometimes your best move won't work, but within every detour is a

*lesson.*

A **setback** can be a **setup** for something better!

Once upon a time, I did not get a job I wanted.  
I worked very hard for it, surpassing goals  
and setting records. But I didn't get it.  
**It was heartbreaking.**

But this event **revealed my true potential.**  
I decided I would take what I learned and what  
I discovered I could do and do it on my own.

**Had I gotten the “dream job” you would  
not be reading this.**

Striving to be good enough allows you to be  
**flexible and willing to learn.**

Perfectionists tend to think in direct A to B terms and  
are hardly ever able to handle setbacks or take  
alternative paths. Indeed, perfectionism too  
often leads to despair or giving up.

Good enough will help you **persevere** and  
**not give up!**

Someone who strives to be good enough has dreams and aspirations. They become the air he or she breathes.

A perfectionist cannot afford to dream.  
Because dreams are never perfect.

**Dream big.**

*Dream*

# Creativity.

All people are creative. It doesn't matter who you are, creativity exists **within** you.

Perfectionists have a very hard time being creative because they tend to over **scrutinize** and have inflexible plans that must be accomplished.

Creativity is something that develops as one creates. **Good enough** allows us to let go of any inflexible ideas we may have and **to explore**.

That special *something*.

What is it?



We all seem to be searching for something, but most of us do not know what it is. The search can become desperate to the point we try too hard, work too much, thrill-seek or we shutdown and give up.

We all have a life-mission, but what is it?  
Most people just don't know.

I didn't.

I found it in an unexpected place. That which you seek is often in the most surprising places.

You can find it. I will tell you where.

# *Explore.*

Consider a job or a project, something you are nervous about, something you would not normally do that is out of your comfort zone. Then consider doing it.

Take steps to explore life and the various possibilities available to you.

Go to new places, meet new people and experience new things.

Go. Do. See. Feel.  
Explore.

*Take Risks.*

No. Take the risk.

What if you know that you will be criticized, people will not understand or, even worse, no one will care?

Will you still try?

The real risk is doing what you can to the best of your ability, even when the possibility is that you will be criticized or ignored. You still do it.

That's taking risk.

B-r-e-a-k some rules.

Too many of us get stuck in doing things one way, the way we have been told or taught, but sometimes our gut feeling tells us to do something differently.

You're different, so **be different**, because that's what makes you **remarkable**.

Not everything has one specific perfect answer and not everything has one specific perfect way of doing it.

You may be the one to find **a better way!**

“ Be daring, be different, be impractical, be anything that will assert integrity of purpose and imaginative vision against the play-it-safers, the creatures of the commonplace, the slaves of the ordinary.”

— Cecil Beaton

The unlikely Gift.

There are things we might dislike about ourselves that we tend to curse and wish we could be rid of, but dwelling on those takes valuable energy and steals our enthusiasm.

Consider reversing it. Pick one thing you dislike and Instead of cursing it, regard it as a **gift**.

Deliberately **change your perception**. Put the power and control where it belongs: **With You!**

What's **your** gift?



Few people have lived through the punishment I have,  
as I detailed in my memoir One Boy's Struggle,  
**and come about full circle to see a gift**  
in the very thing that caused  
so much pain.

Thankfully, I discovered that a positive  
or negative perception is **within my control**.

**None of us** live life without experiencing hurt, regret and sorrow. We all have some kind of drawback or hindrance. Sometimes it's overwhelming, sometimes it's manageable and sometimes we triumph over it.

**No. One. Is. Perfect.**

Consider that our most memorable moments come when we learn something through strife, when we overcome something through struggle and when we realize that we are **stronger, better and much more capable than we thought.**

“ Every strike brings me closer to my next home run. ”

— Babe Ruth

# *Confidence*

*Create confidence.*

Use affirmations. Tell yourself the truth.  
Be jealous of no one and respectful of everyone.

Remember, you care and that is why you are

*passionate.*

What are your **aspirations**?  
What are your **goals**? Define one.  
Make it real by writing it down.

Everything starts with an idea, then writing it down. Once you've written something down, leave it alone for a little while, allow your mind to flesh out the idea, then write some more about it. This is a great way to stimulate:

**Passion** and **Enthusiasm**.

Remember, it doesn't have to be perfect. It just needs to be an idea. **An idea is good enough to start with.**

# *Silence*

Set aside time to  
be alone, doing nothing.

The mind and body must have time to recuperate.

Rest is essential to doing your best, building  
confidence and being good enough.

**And don't feel guilty about it.**

**Socialize.**

As humans, we need contact with others.

Create and nurture

# Positive Connections.

Perfectionists often feel the need for harsh feedback, tough love and to be told the “brutal truth”.

But the reality is that the “brutal truth” is **rarely** the truth. Being hard on yourself and others creates stress, pessimism and is a direct message to your brain that **you are not good enough.**



# *Positive Connections.*

Find **optimistic** people who **genuinely** care about you and befriend them.

These people will support you even when you've made a mistake or when you need someone to help lift your mood.

A word of encouragement is good enough to make a *positive difference!*

“ Keep away from people who try to belittle your ambitions. Small people do that, but the really great **make you feel that you, too, can somehow become great.**”

— Mark Twain

*Encourage Others.*

Be the *light*. The one who *helps*.

The one who **Cares**.

A great way to learn and improve is to help others.  
Be an **encouraging** force in the world.

*encouraging*

We learn so much about ourselves  
when we help another person:

Who we really are.  
What we are about.  
What we have to offer.

We all have so much to offer.  
Sometimes we do not realize how much  
**until** we help someone.

Be Enthusiastic!

Enthusiasm is the most important factor to success and enjoyment in everything:  
**Work, play and yes, even love and relationships!**

There are many things we don't like to do.  
**Enthusiasm** has the power to **transform**.

Enthusiasm **lifts spirits**, creates **motivation** and brings **excitement** and **flavor** into one's life.

Laugh. Yes. Really. *Laugh!*

What do you enjoy, what do you do for fun? What makes you happy and lights you up with enthusiasm?

Do it.

Do it often.



“ If today were the last day of my life, would I want to do what I am about to do today? ”

— Steve Jobs

Indeed, do the things you *enjoy*.  
And if we look closely enough at what we  
enjoy, we will find what we are naturally  
good at and what our **strengths** are.

A secret to being your best, to being **good enough**, is  
finding ways to **use** your strengths in the work you do.

It's within what gives us the most enjoyment  
where we find that *special something*.

Sometimes we see people who are

making  
things happen

and we wonder how they do it.

People who make things happen are usually **not** in the perfect situation, they **don't** always make the perfect choices or have the perfect support system.

**More often than not,**  
they are simply doing their best. No more.  
No less. They are not seeking perfection.

Their driving desire is to be  
**good enough.**

*habit*

Make “Good Enough” a habit  
and you may find yourself completing  
more than you ever thought you could,  
better than you ever dreamed you would.

People will **applaud you, praise you** and **say**  
it's the best they've ever heard of or seen.

Maybe,  
**or maybe not.**

But that's not what matters when you  
do your best to be good enough.

**No, because the only thing that matters**  
*is...*

*You are good enough.*

# Personal Satisfaction

That's where doing your best and striving to be good enough leads. We don't have to be perfect and we don't need anyone's approval to get there.

My need for approval and perfection is **less** today than yesterday. I'm striving to be good enough every day.

**What about *you*?**



Thank you for reading this little booklet.  
I hope you enjoyed it. It's dedicated to all my fellow  
recovering perfectionists. Feel free to share it.

*Bryan Hutchinson*

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Bryan L. Hutchinson

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