

THE MEANING OF THE YIN YANG SYMBOL FOR PERFECTIONISTS

SUCCESS AND FAILURE GO TOGETHER

Success and failure are opposites, yet you can't have one without the other. Failure allows us to explore what works and what doesn't. It's the key to success.

EMBRACE ALL OF YOU TO FEEL WHOLE

We must embrace everything about us to feel peaceful and fulfilled. You have the seeds of success and failure, happiness and unhappiness. Strike a delicate balance. And marvel at your journey.

ALL-OR-NOTHING THINKING DOESN'T WORK

Nothing is ever black or white. Change is inevitable. So, don't base your worth on something fleeting like achievements.

WE'RE ALL IN THIS TOGETHER

Everyone wants to feel loved, accepted and safe. We're human—yin *and* yang. We each have our own challenges and do our best. So, open your arms towards your shadow—all that you've deemed ugly, bad or inadequate—to let in the light.

PERFECTION IS IN THE IMPERFECTIONS

The unity of opposites make one whole. Welcome more *wabi-sabi*, or imperfect beauty, into your life. Enjoy this simple moment.

PERFECTION IS THE WILLINGNESS TO BE IMPERFECT.

— LAO TZU