



How to Be Your Best Self

I want to talk to you today about how to be your best self. I've been thinking a lot about this recently because in the past, I've had this idea that to be my best self means to be perfect.

This idea of perfection which is such a part of our culture, that we have to be perfect, we have to look a certain way, we have to sound a certain way, we have to earn a certain way, we have to be a certain way, has held many of us back horribly. I can tell you that this idea of perfection has held me back and held me back and held me back.

I realize now that to be my best self is to be my true self. And my true self is an imperfect human being. I'm imperfect. I make mistakes. I do it wrong. I fail. And I realize, especially in light of all this going on in the world right now, and I'm speaking specifically about racism, because that's in our face right now and in such a huge way. Thank God it's in our face.

You know I haven't spoken up and stepped up in the past, in a powerful way, in a consistent way, because I've been afraid to be imperfect. I've been afraid to offend. I've been afraid to offend my white friends and colleagues. I've been afraid to offend my black friends and colleagues. And the truth is, there is no way to be a powerful person in this world without offending somebody. I think you all know that.

It's like we are trying to protect our reputation. I have this idea that I want to be seen as this good, kind, and gentle soul. I want to be seen as this understanding, wonderful human being. I'm laughing because this has truly held me back from having my voice, from standing up, and being a powerful person in the world. And I want to invite you to stand up and be powerful, and I want to invite you to do that imperfectly. I want to invite you to be willing to see failures and mistakes as the path to mastery.

I'm learning this, and it's taken me, well, almost 60 years but better late than never. Right? So, I want to say that being imperfect, actually, allowing yourself to be seen as imperfect actually gives other people the permission to do the same. And you guys, we need every one of us to stand up right now and be your own your powerful, beautiful self in all your imperfections.

I want to invite you today to drop the notion of perfection, to allow yourself to learn, to allow yourself to make mistakes, to allow yourself to be corrected, and to keep going forward despite your imperfections. To allow yourself to be uncomfortable, to allow yourself to be afraid, to let yourself lack confidence, and move forward anyway, to take action anyway.



I want to invite you today to get quiet, to get still, to allow yourself to get grounded and ask yourself what is needed right now from you. What does the world need from you, right now? How can you contribute? How can you contribute to the wellbeing of this world, this earth, the people around you, all people around you? How can you contribute, how can you show up?

I'll tell you this, as I'm beginning to show up more powerfully, I'm just feeling better. I feel more alive. You know my tendency is just simply to hide out. And I can tell you that when I'm hiding out I do not feel very alive. I feel pretty numb. I feel pretty shut down. And I don't feel good about myself, but when I'm standing up, even when I make mistakes and doing it imperfectly, I feel better, I sleep a bit better, I feel more confident. You know, confidence comes on the flip side of standing up and taking action.