



QUESTIONS -TO- CONNECTIONS

Planting seeds for the future ONE word at a time...

REVOLVE LEARNING presents...
ROOTWORDS
THE PODCAST
SEASON 2 | EPISODE 7

WORD: **IMPERFECT** /IM·PUR·FIKT/

When we empower all the parts of us, even those that are self-proclaimed imperfect, that has the power to affect how we see the world, the environments, and the relationships all around us. There is a deep level of reflection that has to take place and continue to take place to be accepting of yourself, your process, and your journey.

Reflect

YOUR UNDERSTANDING AND VISION OF THE WORD

Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging."

THE GIFTS OF IMPERFECTION: LET GO OF WHO YOU THINK YOU'RE SUPPOSED TO BE AND EMBRACE WHO YOU ARE

BRENÉ BROWN

Take a moment to think about your responses to the following questions. This is your opportunity to see if what you believe is taking hold with the young people in which you have interactions.

- What areas , attributes, characteristics do you believe you are imperfect in your life?
- Do you feel pressure to be perfect in any areas of your life? Why do you feel that way?
- What was the last thing you did to encourage a child think about their moments of imperfection as a gift?
- How were you taught to understand imperfection and handle making mistakes as a child? Who taught you and what was that relationship like?
- How has your relationship with imperfection evolved over the course of your life?
- What do you feel you had to overcome to become accepting of imperfections?

Connect

QUESTIONS AND CONVERSATIONS STARTERS THAT PROMPT CONNECTIONS

The most important part of building meaningful relationships is the ability to trust each other through active listening and understanding. When we discuss these questions with those that are younger or not yet familiar with the concepts we must approach it with emotional constancy as the adult that has done the work to be introspective first. We recommend starting up top with the reflection questions and bringing those sentiments with you to the conversation. This is deep but will be an eye-opening experience for all that are committed to growing together. Notice if there is alignment with what you reflected on and what they said.

- What comes to mind when you think of the word imperfect?
- How do you feel when you make a mistake?
- In the moments after you feel you have made a mistake, or are imperfect, how does it feel? Do you notice anything different?
- Do you feel that it is okay to be an imperfect person?
- How would you like to be supported when you are working through learning new things?
- What ideas do you have for supporting others when they feel imperfect?
- What advice do you have for friend that is having a challenging time with accepting their imperfections?
- What do you tell you self as self-talk when you are imperfect at doing something?

THOUGHTS TO TAKE AWAY AND SHARE

