

The Imperfection of Perfection

886 Words

Sitting on my bed I pull out all of my homework for the night; read my book for English, finish my Algebra homework, study for the Spanish quiz, start the Biology chapter work, and take notes for History. All this work will take me around three hours or more to complete. I don't wonder if I am going to get it all done, I know I will, even if I have to sacrifice some sleep. This is the life of an honors student, endless amounts of homework and stress. Some kids would blow it all off and still manage to get A's, but I have to work really hard for my grades. I'm consumed with yearning for better grades, and trying my best isn't enough. So, why do I keep trudging along on this troublesome trail? My incentive is perfection.

I know I'm not perfect, but no one is. I have recently realized that I expect more of myself now than ever before, and all the expectations are taking their toll. I'm tired all the time, moody, and always stressed out. I can't do anything fun on school nights because I am already completely booked with homework, and softball starts soon...which means less time and more stress. Some days I feel like I am stretched too thin, and I will never reach the holy grail of perfection! So, how can Rotary's Four-Way Test help me cope with the fear of failing to reach perfection, and help me with my goal of becoming a better person? By answering the Four-Way Test questions I just might be able to find a way to accept my best as my perfect.

Rotary's first question is "Is it the truth"? Do people expect me to be perfect all the time? No. Putting those expectations on myself is unhealthy and unnecessary because no one expects me to be perfect. Another question I could ask

myself is, is my obsession with perfection keeping me from being a better person? Yes. My striving for perfection is keeping me from bettering myself in many aspects of my life. I can never make time to journal or read because I don't have the extra time, due to the excessive amount of school work I have.

The next question is "Is it fair to all concerned"? The answer to this question is no. The constraint of perfection is not fair to me, my family, or my friends. During the week I have too much homework and studying to do that I can't hang out with my friends. Then, on the weekend I am so burned out from the week that all I want to do is lock myself in my room and watch Netflix. What I've now realized is that my fear of imperfection does not only affect me, but the people around me too.

This next question really hit home to me. The question is, "will it build goodwill and better friendship"? Will worrying that I'm not perfect give me a stronger bond with my friends, that answer is no. How can I strengthen my friendships if I don't even have the time or energy to answer my best friends FaceTime calls? Also, I can't go spreading goodwill if I am always feeling miserable. What has become clearer to me now, is that I need to fix this fear of mine. If I don't eliminate my fear of imperfection I will start losing friends and continue to have a nonexistent impact on my community.

The last question of the Four-Way Test questions is, "will it be beneficial to all concerned"? If I overcome this fear, will I be able to do more for my community? The answer is obvious here, but yes! Getting rid of this fear will not only benefit me but also those around me. I can spend more time with my family and friends, and I

might even be able to work toward my goal of becoming a better person. Having the fear of imperfection makes being a good person hard, which implies that if I can overcome my fear I will also be able to evolve into a better person.

To answer the prompt of "How can Rotary's Four Way Test help me confront or deal with the issue of failure", Rotary's test showed me that the pressure I put on myself was for no reason. I do not need to be perfect all the time because no one is, and no one expects that of me. Having a fear of imperfection was keeping me from achieving my goal of maturing into a better person, and now that I can see my problem, I am confronting my fear and running full speed away from it! I want to be able to look back on my life and say that I was happy in high school, not sad and pessimistic. Rotary's Four Way Test has shown me a way to conquer my fear of imperfection, and that way is to not let my fear consume me. Thanks to Rotary's Four Way Test I will not feel guilty or dumb when I don't get an A+ on an assignment. I will not spend all of my time worrying about my grades, and I won't be miserable anymore. I might even become a better person.