

Practicing Good is Good Enough

From Simplicity Parenting blog

One of the root causes of overwhelm and stress in our daily lives boils down to believing that everything must be done exceptionally, if not perfectly. Parents often are their own worst critics and judges – aren't we? The expectations you have of yourself are typically far greater than what others would ever put on your shoulders.

This week let's focus on becoming The Sustainable Parent! Expecting perfection is not on the list.

Whether you're a mom with young children, tweens, or teens, it is important to reflect on the fact that these years we spend mothering are fleeting. There will be a day when the house is quiet and still. It may feel that all of the tasks on your to-do list are never done and that somehow because there are dust bunnies under the tables and chairs and toothpaste dots on the mirror for another day that you're just not cutting it. But you are.

It's far more important for you to spend 5 minutes sitting quietly while a little one naps or big ones are at school to breathe in and out, to renew yourself with a yoga pose or two than to use it for scrubbing, laundering, or cooking. Slow down, all is well. Nothing has to be perfect. Relationships take precedent over *things*. So if a kid needs some extra snuggles or your listening ear, put it at the top of the list and turn away from the email you're writing or blog your reading or pot your scrubbing or text message that is dinging.

Good is good enough and that's sustainable.