



REFLECTION

**JOURNAL - Doing the Best with
What You Have: You Don't Need
Perfect—You Just Need Courage**

**Prompts to help embrace fear, live
authentically, and move forward.**

A NOTE FROM DR. KATINA



Welcome!

We often hold ourselves hostage to an impossible standard —waiting for the perfect moment, the perfect skill set, or the perfect version of ourselves before taking action. But as you heard in today's episode, progress doesn't require perfection—it requires movement.

This journal is your space to break free from the fear of criticism, rejection, or those nagging thoughts that whisper, “You're not ready yet.”

Let's shift that narrative—because you are ready to do the best you can with what you have, right now.

With Love,

Dr. Katina

[illegible]

Take a quiet moment to reflect and write honestly. No filters. No perfection needed.

1. Where in your life are you waiting for “perfect” before taking action?

Think about a project, goal, or decision you've been putting off. Describe it here. What's holding you back?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

2 What

List the skills, resources, experiences, and even imperfections that make you uniquely equipped to start—right now.

[illegible]

4. Rewrite the Script:

Finish this sentence:

"Even if it's not perfect, I will _____ because I deserve to move forward."

Repeat it to yourself daily.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

REFLECT & WRITE

5. Your Inner Critic vs. Your Inner Coach

Draw two columns. On the left, write down what your inner critic says when you think about starting or sharing something imperfect.

On the right, respond like your biggest supporter—because that’s who you need to be for yourself.

Inner Critic Says

"What if they laugh?"

"It's not good enough."

(Your thoughts here)

Inner Coach Responds

"At least I'm brave enough to try."

"It's better than standing still."

(Your powerful response)

On the right, respond like your biggest supporter—because that’s who you need to be for yourself.

Inner Coach Responds

“At least I’m brave enough to try.”

“It’s better than standing still.”

(Your powerful response)

[illegible]

REFLECT & WRITE

Action Step: Do It Anyway

Look back at what you wrote.

Now, choose ONE small step you can take this week to move forward—imperfectly but intentionally. Write

it here:

➡ This week, I will: _____

Remember, momentum builds confidence—not
perfection.

Daily Reminder

Write this somewhere you'll see it often—your phone
wallpaper, sticky note, or journal cover:

"I'm doing the best I can with what I have—and that's
more than enough to keep moving forward."

REFLECT & WRITE

FINAL REFLECTION

After a week of embracing progress over perfection,

come back to this space and answer:

How did it feel to move forward despite

imperfections?

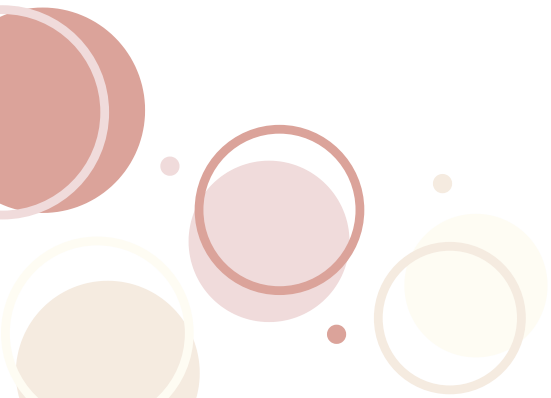
What surprised you? What will you keep doing?

✦ Thank you for showing up for yourself today.

Keep this journal close as a reminder that courage

isn't about being flawless—it's about being fearless

enough to begin.



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