

flow

In today's culture, it's really easy to idealize people + put them on a pedestal.



This applies to anyone from your friends,
to family members, to celebrities, to influencers.



You can get sucked in, and the person you are
idealizing becomes less + less human.



The biggest issue here
is that we all are ...

wait for it....

HUMAN.



We all mess up. Even the very best of us.





It's inevitable. And so, when the people we've put on pedestals do mess up, it's that much more disappointing.

The more we work to internally remind ourselves that all people are just that- PEOPLE, the more we avoid that extreme disappointment.

