



From the **FOUNDER'S DESK**

AUGUST REFLECTION



SEPTEMBER BOOK CLUB

What Two Books Taught Us About Being Human

This month, we didn't just discuss books.

We caught ourselves in them.

One book made us question the stories we create about love.

The other made us question the stories we create about ourselves.

And somewhere between the two, we arrived at one uncomfortable little truth:

Maybe perfection is the problem.

BOOK #1 — BETTER THAN THE MOVIES



Liz Buxbaum has a picture-perfect idea of love—the perfect guy, moment, and story.

But life doesn't follow a script. Neither does love.

Our discussion moved beyond romance to a bigger question:

Are we looking for people—or expecting them to fit the roles we've created for them?

We realised how often we do this in life—with **relationships, friendships, careers, and even ourselves.**

Maybe reality isn't disappointing. Maybe we're just expecting it to follow our script.



BOOK #2 — THE GIFTS OF IMPERFECTION

Brené Brown shifts the question from “Who should my perfect person be?” to:

“Who do I think I need to become before I feel worthy?”

Her guideposts challenge perfectionism, comparison, and the need for approval, encouraging authenticity, self-compassion, joy, rest, and meaningful growth.

One thought stayed with us:

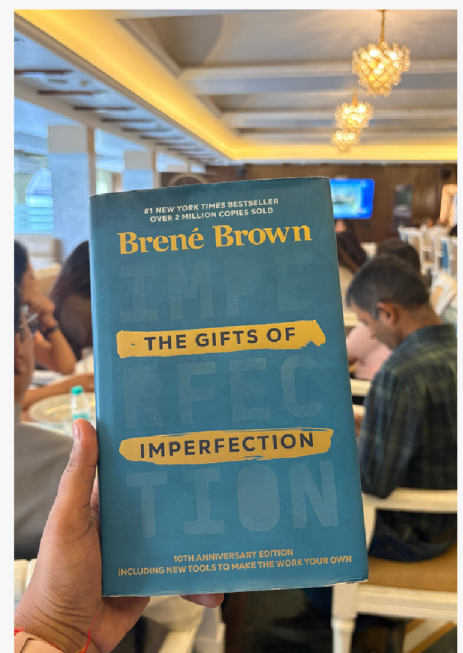
We are already worthy.

And that led to another question:

If we stop chasing perfection, do we stop growing?
Perhaps not.

Perfection says, “I'm not enough yet.”

Growth says, “I'm enough—and I can still become more.”



AND THEN CAME THE REAL CONVERSATION...



We explored compassion and boundaries.

Because compassion without boundaries can slowly turn into resentment.

We explored the fine line between acceptance and sacrifice.

Acceptance says:

I choose this wholeheartedly.

Sacrifice can sometimes whisper:

"I did this for you. Now you owe me."

And that's where even kindness can become complicated.



OF COURSE, WE DIDN'T SPEND THE AFTERNOON BEING SERIOUS!

Our Captain, Roli di, made sure of that!

From "Perfect Love vs Perfect Romance" to activities that gave us permission to embrace our own imperfections, there was plenty of laughter, playful disagreement and some very honest revelations.

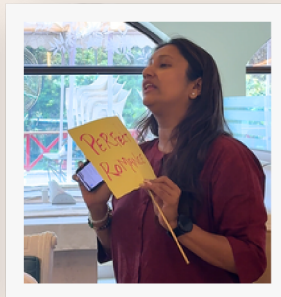
And that is perhaps what makes our huddles special.

We don't just ask:

"What did the author mean?"

We ask:

"What did this book make ME notice about myself?"



THE TAKEAWAY?



Maybe we don't need to become perfect.

Maybe we need to become more honest.

More aware.

More compassionate.

Better at communicating.

Better at setting boundaries.

Better at accepting ourselves.

And perhaps a little more willing to laugh at our beautifully imperfect selves.

Another Sunday. Two books. Countless perspectives. One wonderfully honest conversation.

That's our Book Club.

