**Fear of not being ‘good enough’**

I have always had a fear of doing less, behaving less or being any less of a person that I already am. This though pushes me to do well but sometimes hinders me to enjoy moments as they come. In the race of being ‘perfect’ you tend to lose a lot of things which enter your life in a natural way. And I often seem to block that happiness because I am too worried about doing my best.

I also believe I want to be carefree sometimes, mix in with people, but this fear of being less has always stopped me from being my best-carefree self, because I think I would either hurt someone, fail a task and I therefore hold back a lot in life.

I have started trying to not care much about being a perfect person because this has been a hindrance to other things and matters of happiness in my life. But I hope this does not escalate much and I am able to control it at the right time with the people I love, with the work I will do and the dreams that are yet to be achieved.