



Repair, Don't Chase Perfection

What matters is not never getting it wrong.
What matters is what happens next.



1 NOTICE

Something didn't
feel right.



2 OWN IT

Take responsibility
without excuses.



3 REPAIR

Apologise,
reconnect, reassure.



4 LEARN

Carry the lesson
forward — not
the shame.

♥ Owing a mistake makes you safer, not smaller. ♥



Children don't need perfect parents.
They need parents who come back.

