



Season 2 - Episode # 4 Imperfection is perfection

Nick Pearce's road led him to traverse South East aAia on a bike, where he realised his passion for "making a difference". His struggle with OCD and Anxiety was the catalyst for change and a recognition that "imperfection is in fact perfection". Today Nick embraces 'not knowing' and living in the present moment.

Top Tips

Simple steps to action

Reach out

- Make a start - reach out.!
- The first person is not always the best person for you, its OK to speak to a range of people before you land on your best person

Know that it will get better

Small steps will move you closer to it being better everyday

Let go – just let life unfold

Sit back, be content with yourself and let life happen, resist the need to focus and hone in on doing all the time

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