

Don't Do Nothing Because You Can't Do Everything

“[People may expect] it to happen all at once – that if they aren't perfect, sirens will go off, fingers will be pointed and they'll be accused of being hypocrites. Let me assuage the fears of those who think the vegan police will be knocking on their doors. That's not going to happen. **That's not what being vegan is about.**

Being vegan, it's not about being perfect. It's not about being fearful, or being in a box, or about judging the path that we're on (or being afraid of being judged). Knowing, exploring, evolving, participating, taking responsibility – that's expansive.

Be warned, you may find someone who tries to find a hole in your compassion... as if they're trying to prove you're not perfect. And you'll say to them that you're **NOT** perfect, surprise surprise, you're **doing the best you can, and you're just trying to make a difference.**

Being vegan is about living my life with integrity and compassion. It's about creating joy, and kindness, and meaning in a world so filled with violence and despair.

Do what you're able to do. Don't do nothing because you can't do everything. Each step will bring you closer to the person you really want to be, and to the animals you really want to help."

- [Colleen Patrick Goudreau](#), from the podcast *The Myth of the Perfect Vegan*



When we point fingers at each other and judge people within our own fight – a fight based on love, positivity and compassion for animals, the earth and people – we miss the whole point. Let's remember to support one another, educate and help each other out. No one knows everything, and no one is perfect. Let our desires to make a difference unify us, and let us respect each other enough to focus our energy into making progressive and positive actions. – Jaime K.