

# 10 Guideposts for Wholehearted Living

FROM BRENÉ BROWN'S "THE GIFTS OF IMPERFECTION"

## Letting go of...

WHAT PEOPLE THINK

PERFECTIONISM

NUMBING AND POWERLESSNESS

SCARCITY AND FEAR OF THE DARK

NEED FOR CERTAINTY

COMPARISON

EXHAUSTION AS A STATUS SYMBOL  
AND PRODUCTIVITY AS SELF-WORTH

ANXIETY AS A LIFESTYLE

SELF-DOUBT & "SUPPOSED TO"

COOL AND "ALWAYS IN CONTROL"

## Cultivating...

AUTHENTICITY

SELF-COMPASSION

A RESILIENT SPIRIT

GRATITUDE & JOY

INTUITION & TRUSTING FAITH

CREATIVITY

REST & PLAY

CALM & STILLNESS

MEANINGFUL WORK

LAUGHTER, SONG & DANCE