

# 10 Guideposts for whole-hearted living

## Letting Go of

What people think

*Perfectionism*

NUMBING &  
POWERLESSNESS

*Scarcity & fear  
of the dark*

Need for certainty

COMPARISON

Exhaustion as a  
status symbol &  
productivity as self-worth

*Anxiety as a lifestyle*

Self-doubt and  
"supposed to"

BEING COOL AND  
"ALWAYS IN CONTROL"

## Cultivating

AUTHENTICITY

SELF-COMPASSION

*A resilient spirit*

GRATITUDE & JOY

Intuition and trusting faith

*Creativity*

PLAY AND REST

Calm & Stillness

MEANINGFUL WORK

*Laughter, Song & Dance*

From Brené Brown's book, "The Gifts of Imperfection"

