

10 Guideposts for Wholehearted Living

FROM BRENÉ BROWN'S "THE GIFTS OF IMPERFECTION"

LETTING GO OF...

WHAT PEOPLE THINK

PERFECTIONISM

NUMBING &
POWERLESSNESS

SCARCITY &
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 & ALWAYS IN CONTROL

CULTIVATING...

Authenticity

Self-Compassion

A Resilient Spirit

Gratitude & Joy

Intuition & Faith

Creativity

Rest & Play

Calm & Stillness

Meaningful Work

Laughter, Song & Dance