

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