

# 10 guideposts FOR WHOLEHEARTED LIVING

FROM BRENE BROWN'S BOOK "THE GIFTS OF IMPERFECTION"

## Letting Go Of

## Cultivating

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 + "SUPPOSED TO"

BEING GOOL + "ALWAYS IN CONTROL"

Authenticity

Self ♥ Compassion

a RESILIENT SPIRIT

GRATITUDE + JOY

Intuition & trusting FAITH

CREATIVITY

Play + REST

Calm + STILLNESS

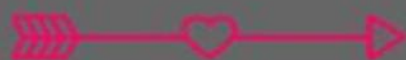
MEANINGFUL WORK

Laughter, Songs & Dance

## 10 Guideposts for

# Wholehearted Living

by Brene Brown



1. Cultivate *Authenticity* - Let go of what people think about you
2. Cultivate *Self-Compassion* - Let go of perfectionism
3. Cultivate *a Resilient Spirit* - Let go of numbing and powerlessness
4. Cultivate *Gratitude and Joy* - Let go of scarcity
5. Cultivate *Intuition and Trusting Faith*  
- Let go of the need for certainty
6. Cultivate *Creativity* - Let go of comparison
7. Cultivate *Play and Rest* - Let go of exhaustion as a status symbol and productivity as self-worth
8. Cultivate *Calm and Stillness* - Let go of anxiety as a lifestyle
9. Cultivate *Meaningful Work* - Let go of self-doubt and "supposed to"
10. Cultivate *Laughter, Song and Dance*  
- Let go of being cool and "always in control"