10 Guideposts for Wholehearted Living

From Brené Brown's Book "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 + Productivity as Self-Worth
- Anxiety as a Lifestyle
- Self Doubt + "Supposed To"
- Being Good + "Always in Control"

Cultivating

- Authenticity
- Self + Compassion
- A Resilient Spirit
- Gratitude + Joy
- Intuition, & Trusting Faith
- Creativity
- Play + Rest
- Calm + Stillness
- Meaningful Work
- Laughter, Song & Dance

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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”