

10 guideposts for WHOLEHEARTED living

FROM BRENÉ BROWN'S BOOK 'THE GIFTS OF IMPERFECTION'

letting go of • » cultivating

What People Think • → Authenticity

Perfectionism • → Self-Compassion

Numbing + Powerlessness • → Resilient Spirit

Scarcity + Fear of the Dark • → Gratitude + Joy

Need for Certainty • → Intuition + Trusting Faith

Comparison • → Creativity

Exhaustion, + Productivity
as Self-Worth • → Play + Rest

Anxiety as a Lifestyle • → Calm + Stillness

Self Doubt + "Supposed To" • → Meaningful Work

Being Cool + "Always in
Control" • → Laughter, Song + Dance