

10 GUIDEPOSTS FOR WHOLEHEARTED LIVING

GUIDEPOST #1: CULTIVATING AUTHENTICITY

Letting Go of What People Think

GUIDEPOST #2: CULTIVATING SELF-COMPASSION

Letting Go of Perfectionism

GUIDEPOST #3: CULTIVATING A RESILIENT SPIRIT

Letting Go of Numbing and Powerlessness

GUIDEPOST #4: CULTIVATING GRATITUDE AND JOY

Letting Go of Scarcity and Fear of the Dark

GUIDEPOST #5: CULTIVATING INTUITION AND TRUSTING FAITH

Letting Go of the Need for Certainty

GUIDEPOST #6: CULTIVATING CREATIVITY

Letting Go of Comparison

GUIDEPOST #7: CULTIVATING PLAY AND REST

Letting Go of Exhaustion as a Status Symbol and Productivity as Self-Worth

GUIDEPOST #8: CULTIVATING CALM AND STILLNESS

Letting Go of Anxiety as a Lifestyle

GUIDEPOST #9: CULTIVATING MEANINGFUL WORK

Letting Go of Self-Doubt and "Supposed To"

GUIDEPOST #10: CULTIVATING LAUGHTER, SONG, AND DANCE

Letting Go of Being Cool and "Always in Control"

from "The Gifts of Imperfection: Let Go of Who You Think You Are Supposed to Be and Embrace Who You Are" by Brené Brown, Ph. D., L.M.S.W.