



# Guideposts for Wholehearted Living

*By Brene Brown*

1. **Cultivating authenticity:** Letting go of what people think
2. **Cultivating self-compassion:** Letting go of perfectionism
3. **Cultivating a resilient spirit:** Letting go of numbing and powerlessness
4. **Cultivating gratitude and joy:** Letting go of scarcity and fear of the dark
5. **Cultivating intuition and trusting faith:** Letting go of the need for certainty
6. **Cultivating creativity:** Letting go of comparison
7. **Cultivating play and rest:** Letting go of exhaustion as a status symbol and productivity as self-worth
8. **Cultivating calm and stillness:** Letting go of anxiety as a lifestyle
9. **Cultivating meaningful work:** Letting go of self-doubt and “supposed to”
10. **Cultivating laughter, song and dance:** Letting go of being cool and “always in control”