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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 COOL +
"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