

# 10 Guidepost for Whole Hearted Living by Brené Brown

Cultivating Authenticity and Letting Go of What Other People Think

Cultivating Self-Compassion and Letting Go of Perfectionism

Cultivating Your Resilient Spirit, Letting Go of Numbing and Powerlessness

Cultivating Gratitude and Joy, Letting go of Scarcity and Fear of the Dark

Cultivating Intuition and Trusting Faith, Letting Go of the Need for Certainty

Cultivating Creativity and Letting Go of Comparison

Cultivating Play and Rest, Letting Go of Exhaustion as a Status Symbol and Productivity as Self-Worth

Cultivating Calm and Stillness and Letting Go of Anxiety as a Lifestyle

Cultivating Meaningful Work, Letting Go of Self-Doubt and Supposed-To

Cultivating Laughter, Song, and Dance. And Letting Go of Cool and Always in Control