10 Guideposts for Wholehearted Living
From Brené Brown’s “The Gifts of Imperfection”

Letting go of… ➔ Cultivating…

- What people think ➔ Authenticity
- Perfectionism ➔ Self-compassion
- Numbing and powerlessness ➔ A resilient spirit
- Scarcity and fear of the dark ➔ Gratitude & joy
- Need for certainty ➔ Intuition & trusting faith
- Comparison ➔ Creativity
- Exhaustion as a status symbol and productivity as self-worth ➔ Rest & play
- Anxiety as a lifestyle ➔ Calm & stillness
- Self-doubt & “supposed to” ➔ Meaningful work
- Cool and “always in control” ➔ Laughter, song & dance

Source: www.brenebrown.com | HJ Sims is not affiliated with Brené Brown | Member FINRA, SIPC