**Whole-Hearted Living**

1. **Cultivating authenticity**

* *Letting go of what people think*

1. **Cultivating self-compassion**

* *Letting go of perfectionism*

1. **Cultivating a resilient spirit**

* *Letting go of numbing and powerlessness*

1. **Cultivating gratitude and joy**

* *Letting go of scarcity and fear of the dark*

1. **Cultivating intuition and trusting faith**

* *Letting go of the need for certainty*

1. **Cultivating creativity**

* *Letting go of comparison*

1. **Cultivating play and rest**

* *Letting go of exhaustion as a status symbol and productivity as self-worth*

1. **Cultivating calm and stillness**

* *Letting go of anxiety as a life style*

1. **Cultivating meaningful work**

* *Letting go of self-doubt and supposed to*

1. **Cultivating laughter, song, and dance**

* *Letting go of being cool and always in control*
* *Brené Brown*