**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*