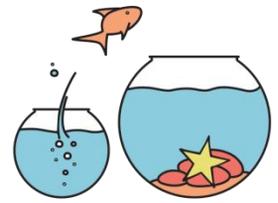


10 GUIDEPOSTS for whole hearted living



CULTIVATING

1. Authenticity
2. Self - Compassion
3. A Resilient Spirit
4. Gratitude + Joy
5. Intuition +
Trusting Faith
6. Creativity
7. Play + Rest
8. Calm + Stillness
9. Meaningful Work
10. Laughter, Song +
Dance



LETTING GO OF

- what people think*
- perfectionism*
- numbing + powerlessness*
- scarcity and fear
of the dark*
- the need for certainty*
- comparison*
- exhaustion as a status
symbol - productivity as
self worth*
- anxiety as a lifestyle*
- self doubt and "supposed to"*
- being cool and "always
in control"*