

A photograph of an iceberg floating in the ocean. The tip of the iceberg is visible above the water line, while a much larger, jagged portion is submerged below the surface, creating a clear reflection on the calm water. The sky is a pale blue, and the water transitions from a light blue at the surface to a deeper blue below.

Deep Dive Reflection Guide

The Gifts of Imperfection by Brené Brown

USE THIS WORKSHEET TO EXPLORE YOUR THOUGHTS AND EXPERIENCES RELATED TO BROWN'S 10 GUIDEPOSTS FOR WHOLEHEARTED LIVING. TAKE YOUR TIME WITH EACH QUESTION, JOURNALING YOUR RESPONSES TO DEEPEN YOUR SELF-AWARENESS AND RESILIENCE.

ESTD



2016

LIFELONG DEVELOPMENT

COACHING • TRAINING • CONSULTING

Guidepost #1: Cultivating Authenticity

Letting Go of What People Think

In what areas of your life do you struggle with authenticity the most?

What fears or concerns hold you back from fully embracing who you are?

What is one small way you can practice authenticity this week?

Guidepost #2: Cultivating Self-Compassion

Letting Go of Perfectionism

How does perfectionism show up in your life, and how does it impact you?

Think of a recent mistake or perceived failure. How would you respond to a friend in the same situation? How can you extend that same compassion to yourself?

What is one way you can practice self-kindness today?

Guidepost #3: Cultivating a Resilient Spirit

Letting Go of Numbing and Powerlessness

What are some ways you numb difficult emotions (e.g., overworking, social media, food, avoidance)?

What emotions or situations make you want to numb yourself?

How can you begin to face these emotions in a healthier way?

Guidepost #4: Cultivating Gratitude & Joy

Letting Go of Scarcity and Fear of the Dark

When was the last time you truly felt joy? What contributed to that moment?

How often do you focus on what you lack rather than what you have?

List three things you are grateful for today.

Guidepost #5: Cultivating Intuition & Trusting Faith

Letting Go of the Need for Certainty

Do you tend to overanalyze decisions because of a fear of uncertainty? Why?

Recall a time when trusting your intuition led to a positive outcome.

What is one step you can take to trust yourself more?

Guidepost #6: Cultivating Creativity

Letting Go of Comparison

When was the last time you engaged in something creative just for the joy of it?

How does comparing yourself to others affect your willingness to express yourself creatively?

What is one creative activity you'd like to explore or return to?

Guidepost #7: Cultivating Play & Rest

Letting Go of Exhaustion as a Status Symbol & Productivity as Self-Worth

How do you currently prioritize rest and play in your life?

How do you feel when you take breaks? Why?

What is one way you can incorporate more play or relaxation into your week?

Guidepost #8: Cultivating Calm & Stillness

Letting Go of Anxiety as a Lifestyle

How often do you take time to slow down and be still?

What situations in your life create the most anxiety, and how do you currently manage them?

What practice (e.g., deep breathing, mindfulness, quiet reflection) can you commit to this week to cultivate more calm?

Guidepost #9: Cultivating Meaningful Work

Letting Go of Self-Doubt and 'Supposed To'

In what ways do you feel that your work aligns with your values and passions?

What “shoulds” or expectations from others have influenced your career or life choices?

What small action can you take to bring more meaning into your work or daily activities?

Guidepost #10: Cultivating Laughter, Song, & Dance

Letting Go of Being Cool & Always in Control

**When was the last time you laughed until your stomach hurt?
What made that moment special?**

**How does the feeling of pressure to always appear composed
or in control affect you?**

**What is one fun or spontaneous activity you can do this week
to embrace joy?**