

Wholehearted Loving & Living

The 8 Wonders of Life From Dacher Keltner

The eight wonders put us in a state of awe:

- Moral beauty
- Music
- Mortality
- Nature
- Visual Art
- Spirituality
- Collective Effervescence
- Epiphanies

Four-Fold Plan By Angeles Arrien

Show up, or choose to be present

Pay attention to what has heart and meaning

Tell the truth without blame or judgment

To be open to outcome, not attached to outcome

Wholehearted People Care about Their Impact

Impact matters in leadership

Successful leaders identify all the ways in which they impact others and are proactive

Impact matters in love with:

- Our health (physical, emotional, financial, spiritual, and sexual)
- Generosity, appreciation, acknowledgment versus stinginess, withholding, blaming, apologizing, forgiving, and making amends
- Embrace vulnerability and authenticity

The most positive impact is presence:

- Being responsive, engaged, and interested in connection; registering in body, breath, and eye contact
- Managing own reactivity to make space for others
- Not needing to agree to empathize
- Constantly willing to learn something new

Three Magic Words as a practice

KINTSUGI

The Japanese art of filling in cracks with gold



"The courageous may encounter many disappointments, experience profound disillusionment, gather many wounds; but cherish your scars for they are the proud emblems of a truly phenomenal life."

Brene Brown

Wholehearted Means

- Manages what gets in the way
- Manage stressors as well as stress
- Tolerate discomfort without reacting against
- Willing to be vulnerable (my credentials are my life experience)
- Solid flexible self-internalized core values, don't have to be right and know you can be wrong
- The truth about self-love