

Wholehearted Inventory

Below are your scores from the Wholehearted Inventory. They are organized by the ten guideposts and represent the daily practices of wholehearted living.

A detailed description of each of the guideposts can be found in *The Gifts of Imperfection* (Brown, 2010). More information about Daring Values can be found in *Daring Greatly* (Brown, 2012) and *Rising Strong* (Brown, 2015).

You will notice that Guidepost 5 is absent from the report. This is because we discovered that "Cultivating Intuition and Trusting Faith" requires a combination of complex assessments rather than a concise set of items that can be incorporated into a more comprehensive inventory.

Scores are presented on a continuum between the "letting go of" behaviors and the "cultivating" behaviors. A score in the middle of the continuum indicates that you are midway on the journey for that guidepost – you are equally likely to engage in daily behaviors that cultivate wholeheartedness and those that do not.

Your report is intended to be a guide for areas that you may want to work on in your daily behaviors.

Letting go of...

Cultivating...

