

RESILIENCY

Resiliency In The Moment: Being Vulnerable

“Vulnerability is not a weakness. It is a superpower.”

– Brené Brown

Challenge yourself to become more vulnerable.

1. Give yourself a pep talk in front of a mirror.
2. Do something positive you have never done before.
3. Share how much you love and appreciate the people in your life.

Vulnerability is about taking risks, loosening control, and being creative. It requires courage and pushes us to the edge of our comfort zone. It prevents us from having to say, “what if,” and is the birthplace of love and true joy.

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