

Before you begin take 5 minutes to reflect on how you are feeling right now.

Be honest and transparent with yourself

What is vulnerability to you and what do you do with vulnerability?

When do you feel that it is okay to express emotion

Think about a couple of personal activities or events you currently feel a little uneasy about
Describe how you really feel about each of them?

Do you believe, "I am enough"? What does that mean? What hinders that belief?

Create a list of people with whom you have high levels of vulnerability-based trust. These are people who know you, your capabilities and abilities and will never use any of your vulnerabilities against you.

Think of an important relationship in your life. What is one specific, measurable thing you can do within the next 24 hours that would be an act of vulnerability in that relationship? Will you do it?

