

The Power of Vulnerability

by Brené Brown

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ 01

Name the armor

☐☐☐☐☐☐☐

Write your default protection strategy: pleasing, perfection, cynicism, control, or withdrawal.

MON TUE WED THU FRI SAT SUN

☐ 02

Choose a safe person

☐☐☐☐☐☐☐

Identify someone who can receive honesty without using it against you.

MON TUE WED THU FRI SAT SUN

☐ 03

Write the brave sentence

☐☐☐☐☐☐☐

Draft one sentence that tells more truth than usual.

MON TUE WED THU FRI SAT SUN

☐ 04

Define the risk size

☐☐☐☐☐☐☐

Make the vulnerability small enough to practice responsibly.

MON TUE WED THU FRI SAT SUN

☐ 05

Ask for what you need

☐☐☐☐☐☐☐

Make one direct request without disguising it as a joke or complaint.

MON TUE WED THU FRI SAT SUN

☐ 06

Share one true thing

☐☐☐☐☐☐☐

Tell a safe person one honest feeling or uncertainty.

MON TUE WED THU FRI SAT SUN

☐ 07

Repair after armor

☐☐☐☐☐☐☐

When you notice armor, return and name what happened.