

SECTION 1: Share a Vulnerable Truth**1. What is one vulnerable truth you'd like to share today?**

This could be a fear, challenge, mistake, or personal goal.

"Something I've been carrying is..."

2. Who will you share it with?

Choose someone you trust—a colleague, friend, mentor, or loved one.

3. Why did you choose this person?

What makes this a safe and meaningful connection for this moment?

SECTION 2: Reflect on the Experience**4. How did it feel to share?**

What emotions came up—before, during, and after the conversation?

5. How did the other person respond?

Were they surprised, supportive, reflective?

6. Did this deepen your connection?

Describe any shift in trust, understanding, or openness.

Day 12: The Strength of Vulnerability

Theme: Strength in Openness | Focus: Leading with vulnerability

SECTION 3: The Power of Vulnerability

Ö. What did this experience teach you about vulnerability as a leader?

Reflect on how this might affect how you lead moving forward.

Ö. What's one situation where you might choose to be more open in the future?

Final Reflection

Leading with vulnerability is courageous because...