

EMBRACE
VULNERABILITY

WHEN WE ARE SAFE TO GET CURIOUS + LEARN FROM OUR MISTAKES WITHOUT GETTING BEAT UP BY THEM, WE LEARN FROM THEM + IMPROVE

OUR BRAIN CAN'T GET BETTER WHEN IT'S PLAYING DEFENSE

MENTAL HEALTH ISSUES

- 1 CONNECTION VS. EMOTIONAL ISOLATION
- 2 FREEDOM VS. LOSS OF SELF CONTROL
- 3 ACCEPTANCE VS. DENIAL
- 4 ADULTHOOD VS. REMAINING A CHILD

HOW MUCH SAFETY DO YOU HAVE TO PROCESS PAIN + SHAME?

LEADING WITHIN A
MENTAL HEALTH CRISIS

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#GLS21

— GET —
BOUNDARIES:

- DEVELOP THE "NO" MUSCLE
- TAKE EXTREME OWNERSHIP + RESPONSIBILITY
- SET LIMITS ON BAD BEHAVIOR

MAKE SPACE FOR CONNECTION

DON'T DIMINISH THE INCREDIBLE CREATION THAT IS YOU

WHERE DID YOU LEARN NOT TO DEPEND ON ANYTHING FROM THE OUTSIDE TO HELP YOU?

GOD MADE US FOR CONNECTION

HOW WE DEAL W/THE GAP BTWN WHO WE ARE + WHO WE COULD BE, IS THE DIFFERENCE BETWEEN THRIVING OR NOT.

WHAT ARE =YOU= PROMPTED TO WORK ON IN YOU?

