

The Power of Vulnerability

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Video Link

<https://vimeo.com/361292495>

Video Summary

- Owning our story can be hard, but not nearly as difficult as spending our lives running from it.
- Vulnerability creates freedom when we allow ourselves to reveal ourselves to others.
- Greatness is not about being perfect. It's about being okay with all your imperfections.
- Share the things you're afraid of, the things that scare you.
- Putting yourself out there is scary, but being vulnerable is about facing the things that terrify you.

MGF Core Values

Authenticity is being honest about who you are.

Vulnerability gives others permission to speak into your life.

Discussion

- Are your imperfections and failures a part of your story...or mainly your successes?
- Have you ever experienced freedom in disclosing your imperfections?
- Who are the people you're most vulnerable with?
- What are the risks & rewards of vulnerability in this group?