


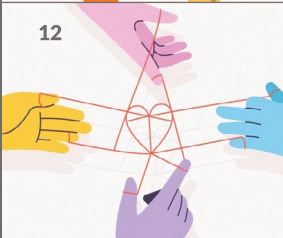



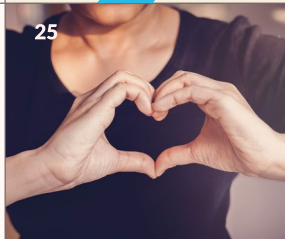



Vulnerability at Work

November 2023

Starting the workday with a specific intention can be a game-changer. That's why we created a series of monthly calendars dedicated to meaningful work. This month, we're focusing on the topic of vulnerability at work. Author and researcher Brené Brown defines vulnerability as "uncertainty, risk, and emotional exposure."

It doesn't sound nice, but it's often by allowing ourselves to be vulnerable that we forge strong relationships, become great leaders, and find exciting new opportunities. When we listen openly to feedback, raise our hands to share a new idea, or ask our colleagues for help, we are being vulnerable. What would vulnerability at work look like for you?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“The foundation of courage is vulnerability.” – Brené Brown</p>			<p>01</p> <p>Revisit this blockbuster TED talk from vulnerability researcher Brené Brown.</p> <p>What themes resonate with you?</p>	<p>02</p> <p>Recall a time a colleague admitted a mistake or shared a weakness.</p> <p>What can you learn from them?</p>	<p>03</p> <p>What has your upbringing taught you about vulnerability?</p> <p>What might you want to change?</p>	<p>04</p> 
<p>05</p> 	<p>06</p> <p>As you look at the week ahead, are there any tasks you might want to ask your colleagues for support or advice on?</p>	<p>07</p> <p>Finding it hard to put yourself out there?</p> <p>Studies show we judge ourselves far more harshly than others!</p>	<p>08</p> <p>This month's Meaning Circle® is dedicated to the topic of vulnerability at work!</p> <p>Sign up here for today's session at 8am EST/ 1pm GMT.</p>	<p>09</p> <p>Don't let perfectionism get in your way!</p> <p>Make a quick list of things you don't mind being "just okay" at.</p>	<p>10</p> <p>This weekend, try out a new creative activity or hobby.</p> <p>Being a beginner is a great way to practice vulnerability!</p>	<p>11</p> 
<p>12</p> 	<p>13</p> <p>Do you know how to create a psychologically safe workplace?</p> <p>Check out this piece from the Center for Creative Leadership.</p>	<p>14</p> <p>It's World Kindness Day.</p> <p>Write a letter of self-appreciation focusing on your efforts as well as your achievements.</p>	<p>15</p> <p>Check out the SMART method for asking for help at work, pioneered by Wayne Baker.</p>	<p>16</p> <p>The best leaders embrace vulnerability, according to Harvard Business Review.</p>	<p>17</p> <p>Reflect: When was the last time you changed your mind about something?</p>	<p>18</p> 
<p>19</p> 	<p>20</p> <p>How can you practice more intellectual humility at work?</p> <p>Check out this piece by the author of How Minds Change.</p>	<p>21</p> <p>Could you give, and receive, feedback more graciously?</p> <p>Check out these fun guides from Liz + Mollie on just that.</p>	<p>22</p> <p>Make a list of three questions you're too afraid to ask your boss.</p> <p>Reflect on the risks and benefits of asking them.</p>	<p>23</p> 	<p>24</p> <p>Tell a colleague three things you appreciate about them.</p>	<p>25</p> 
<p>26</p> 	<p>27</p> <p>Make a list of your perceived weaknesses.</p> <p>Are there any that could be strengths in another context?</p>	<p>28</p> <p>Next time you're asked "How are you?," consider giving a genuine response.</p>	<p>29</p> <p>Say "I don't know, but I'll find out" when confronted with a question you can't answer.</p>	<p>30</p> <p>Create an action plan for incorporating vulnerability into your professional life next month.</p>	