

# The Time Is Now

► 7.3 Let Yourself Be Vulnerable



# Quote



“Vulnerability is terrifying. The courage it takes to reveal your heart is one of the most daunting...yet rewarding experiences in life. It will set you free.”

- *The Better Man Project*



# Hook

How many of us have ever wanted to start something new but stopped instead of going for it?  
Why do you think this happens?





# Video

## The Power of Vulnerability Video



[Click here to play video on Safeshare](#)

# Discussion

1. Are you ever afraid of showing who you really are? Why?



# Discussion

2. How can it be powerful when you show your vulnerability and greatness?

# Discussion

3. How can you let yourself be vulnerable and face the things that terrify you?



A photograph of a silver microphone on a stand, positioned diagonally. The background is dark with several out-of-focus yellow and orange circular lights. The image has a slightly distressed, torn-edge appearance.

# Project Presentations

Live to Give Project  
Presentations





## Discussion

- What are your reactions to what your classmates have done in our community?
- How do each of the projects relate to the 7 Mindsets?



# Activity

In your journal, respond to the following:

Describe a time that you wanted to start something or do something, but you stopped yourself from doing it.

1. Why did you stop?
2. What fear held you back?
3. What might have happened if you proceeded?
4. What will you do differently next time?
5. How can you let vulnerability lead you in the direction of your dreams?





# Discussion

Who would like to share what they wrote?





# Challenge

This week take the opportunity to let yourself be vulnerable and act with purpose.