

# MAY 2018

## YOUR CUSTOM HEART WORK: VULNERABILITY.

Heart Work is not a one-off. To live in radically disruptive ways requires intentional practice. Use this list to build your custom practice and unique work-out plan.

Knowledge (flexibility)	Inner Work (cardio)	Practice (strength)
<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> <li>Meet and learn from Pema Chödrön: a Buddhist teacher in the Shambhala tradition of Buddhism. Pema is a master teacher on letting go, groundlessness, and leaning bravely into fear. Her books are grounded in Buddhist precepts and traditions, but you don't need to be Buddhist to be transformed by her writing. I recommend starting with either <a href="#">The places That Scare You</a> or <a href="#">When Things Fall Apart</a>.</li> </ul>	<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> <li>Grab a journal. In the anchor article, I propose that vulnerability involves three distinct parts/practices/values/skills: being seen, valuing discomfort, and letting go. Dig in. What do you believe about each of these things? Where are you practicing them? Where are you avoiding them? What do you <i>want</i> to believe and practice in these areas? What would need to shift inside you in order for that to be true?</li> </ul>	<p><i>Pick at least 2—consider working on 1 item over multiple days.</i></p> <ul style="list-style-type: none"> <li>Ask for help. To a specific person. Where you really need help and have been depriving yourself of it because you've not wanted to ask for help.</li> <li>Identify something really uncomfortable for you, but that you know would be healing, valuable, powerful, or meaningful. Enlist a friend if you like for support and gentle accountability and: <b>do the thing.</b></li> </ul>
<ul style="list-style-type: none"> <li>If you haven't watched Brené Brown's two TED talks, stop everything you're doing. If you haven't re-watched them in the past month, stop everything you're doing. Watch her <a href="#">first talk here</a>, and then spend some time journaling before you go to her <a href="#">second talk here</a>. Dr. Brown is an expert in shame and vulnerability – her two talks outline some of the foundational distinctions of vulnerability. And I recommend any of her books, especially <a href="#">"The Power of Vulnerability"</a> ©</li> </ul>	<ul style="list-style-type: none"> <li>Grab a journal. What parts of you are a performance? In other words, if no one was watching and you could be TOTALLY free, what aspects of how you present to other people would you give up/stop doing? What thoughts and beliefs do you maintain to justify the performance? See if you can – without judgment – concretely name the fear behind the performance. It usually sounds something like: "I believe that X would happen if I refused to perform Y part of personality."</li> </ul>	<ul style="list-style-type: none"> <li>Challenge: set the intention of taking one truly vulnerable action each day. It might be connected to being seen, it might be around being with discomfort, or it might be about letting go – thematically. It might be about being with yourself vulnerably (for example, any day you do one of the inner work activities to the left), or about being with others vulnerably. It could be a big action, or a small one. But one act of vulnerability – the openness to being wounded – <b>each day.</b></li> </ul>
<ul style="list-style-type: none"> <li>Since vulnerability is more about practice and less about knowledge, these are all the options we're leaving you with this month for knowledge building. © You're welcome.</li> </ul>	<ul style="list-style-type: none"> <li>Pick a question and reflect deeply:               <ul style="list-style-type: none"> <li>o If you oriented to self-compassion instead of self-confidence, what would change in your life?</li> <li>o What part of you are you most ashamed of?</li> <li>o What emotions do you push away and resist in yourself? What emotions that others show do you push away and resist acknowledging?</li> <li>o Where are you blaming someone else? What would radical personal responsibility there look like?</li> </ul> </li> <li>Grab a journal: go through the distinctions in the anchor article and reflect deeply on where in the spectrum of each distinction <b>you currently are, and where you want to be.</b> How do you want to orient to belonging vs. fitting in, for example? What would need to shift for you for that to be true? Remember: the distinctions aren't binaries – they're just distinctions.</li> </ul>	<ul style="list-style-type: none"> <li>Challenge: choose a human relationship that matters to you. Often resentment creeps into relationships when we have a need, desire, or want that we haven't named explicitly but punish the person we love in some way for not anticipating it and giving it to us. Your work is to identify your need/desire/boundary, and gently share it with your human. And ask – directly, unapologetically – for it. They can say yes or no. The point is: asking for what we want/need as a practice of vulnerability.</li> <li>Challenge: pick a person in your life who you know you haven't been truly willing to see. Perhaps you qualify them with a lot of labels; perhaps they fuel your discomfort and you prefer to avoid them; perhaps its someone you walk by every day. Invite them to tea and dare to see them in their rawest humanity. And say: thank you. And mean it.</li> </ul>

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## YOUR CUSTOM HEART WORK: DISRUPTING URGENCY

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

