

THE VULNERABILITY MANIFESTO

We believe that vulnerability is an attractive strength and by no means a weakness.

We are not afraid of sharing our truths and the stories that shaped us.

We will not let other other people shame us.
We will not let others judge our experiences,
our past and our feelings.
We will stay in our power.

We are committed to doing the inner work necessary.

We proudly turn our vulnerabilities into our biggest strengths.

We proudly live on the edge of our heart.

We show ourselves fully and we allow ourselves to feel fully.

We are committed to helping create a shame-free world, where it is safe to be ourselves.