

FUNSHEET VULNERABILITY



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



VULNERABILITY

- According to me the best tool for practicing vulnerability is journaling. Let your thoughts & emotions pour out with complete honesty. Do not judge them. There has to be some safe space where you can channel your thoughts and empty out your heart.
 - A. Describe an incident when you said no to something when that's what you really wanted.
 - B. Describe an incident when you said yes to something when you really wanted to refuse.
 - C. What would change if you shared your deep emotions as you experienced them?
 - D. Write an embarrassing story.

- **Excellence** is about “doing the right thing”. It is focused on the REASON for a task, and the RESULTS for it to be a success. **Perfectionism** is focused on “doing the thing ‘right’”, how things APPEAR, and if OTHERS think it’s done right.

Write one thing that you are doing to pursue excellence and one thing to be perfect in following areas:

	Excellence	Perfectionism
Body		
Marriage/ Relationship		
Professional skill set		
Role as a leader (if applicable)		

Register for the 21 day free workshop at www.AditiSurana.com/writenow