

NOTES FROM: *Daring Greatly*, by Brene Brown

SUMMARY: I have mixed feelings about this book, though I believe that parts of it were excellent, and it serves as a worthwhile correction to the idea that failure is to be avoided at all costs. It's about the power of vulnerability and the courage to be seen by others, and even though I lean more to the side of cultivating strength rather than embracing weakness, I felt it was worth reading. I felt like a better person at the end of it.

The title comes from a famous speech by former U.S. President Theodore Roosevelt:

“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; . . . who at the best knows in the end the triumph of high achievement, and who at worst, if he fails, at least fails while daring greatly.”

Everything about that passage speaks to what I strongly believe in. Anybody who tries to do anything great is going to be met with criticism and derision from losers. People who will never try to do anything with their lives will try and tell you that you can't do it either. Brene Brown would never put it like this, but you know what? Fuck those people. They don't matter. Keep going anyway.

In the same way that you shouldn't ask for directions from people who've never been where you want to go, don't bother asking for permission or seeking validation from people who are too scared or lazy to get in the arena themselves.

Again, I'm not completely on board with everything in this book, and to be honest, I hate the word “vulnerability,” but if you find yourself on the sidelines of life, wanting to take a step onto the field but scared of what “they” might say, *Daring Greatly* might be exactly what you need to help you realize that no one ever lived a great life on the sidelines.

“Nothing has transformed my life more than realizing that it's a waste of time to evaluate my worthiness by weighing the reaction of the people in the stands.”

“Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.”

“Vulnerability is the centre of meaningful human experiences.”

“What makes children happy doesn't always prepare them to become courageous, engaged adults.”

“We are called to dare greatly every time we make choices that challenge the global climate of scarcity.”

“We have to redouble our efforts to overcome scarcity thinking every single day.”

“Truth and courage aren’t always comfortable, but they’re never weakness.”

“To put our ideas out into the world without any assurances of acceptance or appreciation is vulnerability.”

“What’s worth doing even if I fail?”

“Shame derives its power from being unspeakable.”

“Share your experiences with someone who has earned the right to hear them.”

“Talk to yourself like someone you’re trying to support and help.”

“People will judge you in areas where they feel weak.”

“We can only love others as much as we love ourselves.”

“Vulnerability is the path and courage is the light.”

“Only pay attention to and accept feedback from people who are *also* in the arena.”

“Teach the people around you to accept discomfort as part of growth.”

“Be the adults that we want our children to be.”

“Hope is learned.”