Cornell Notes Sara Craig Oct 10th, 2023

**The power of vulnerability | Brené Brown TED TALK**

https://www.youtube.com/watch?v=iCvmsMzlF7o&list=PL70DEC2B0568B5469&index=9

 Storyteller- qualitative researcher

CONNECTION Perception- changed work, love etc.

Purpose to people’s lives If you can’t measure it, doesn’t exist

Excruciating vulnerability Was social worker

Love, belonging, connection get stories about broken hearts, disconnection, etc.

Shame- fear of disconnection

Worthiness- strong sense of love and belonging, they believe they are worthy of love

 Whole heartedness

 Commonality- sense of courage, telling story with whole heart

 Compassion to be kind to self

(can’t be compassionate to others unless you’re compassionate to yourself)

Fully embraced vulnerability, willingness to say I love you first, do something with no guarantee, invest in relationship that may not work out

Authenticity Authentic self

 The way to live is to be vulnerable

 Vulnerability- Can lead to joy, belonging, love

 We numb vulnerability- cannot selectively numb emotion

 Initiating sex, asking someone out, waiting for dr to call back

Everyone is Imperfect-

worthy of love, will experience struggle

**To let ourselves be seen**

**Love wholeheartedly**

 **Practice gratitude and joy,**

 **Believe that we’re enough**

*Reflection: My mind is currently reflecting on the content of the video; vulnerability, loving whole heartedly, emotional risk.*

*Cornell notes: my notes are more legible and organized than usual, often I look back on hand written notes and have challenges understanding them. The Cornell notes bring a reader’s attention to the most important concepts on the left side in different colours. Details can be found on the right side. Very efficient way of note taking. I had to manually move the words over to the different columns, it would be handy to have a pre populated page with the formatting to be less labour intensive.*