

Bold Book Notes – Daring Greatly by Brene Brown

I was reading parts of this book called Daring Greatly by Brene Brown. The book mainly talks about embracing vulnerability, being brave, and living what she calls "Wholeheartedly". There was a section on parenting wholeheartedly and there were some great take-aways that I wanted to share...

The author asked a bunch of 8th graders what the difference was between belonging and fitting in - here's what they said:

I get to be me if I belong. I have to be like you to fit in.

They then went on to say that it was hard to feel that they didn't belong in school, **but that it was really hard to feel like you don't belong at home.**

Here are examples of what they said that meant - to not belong at home:

- Not living up to your parents' expectations
- Not being as cool or popular as your parents want you to be
- Not being as smart as your parents
- Not being good at the same things your parents were good at
- Your parents being embarrassed because you don't have enough friends or you're not an athlete or a cheerleader
- Your parents not liking who you are and what you like to do
- When your parents don't pay attention to your life

I know that some of our kids may be much younger than middle school age, but this still struck a chord within me - especially when at times I feel like I am so far away from understanding my son and not really "getting" him or appreciating him for who he is (which is very different from who I am, and who I was as a kid)

The author goes on to say :" **If we want to cultivate worthiness in our children, we need to make sure they know that they belong and that their belonging is unconditional"**

The author also talks about parenting in a culture of "never enough":

"Who we are and how we engage with the world are much stronger predictors of how our children will do than what we know about parenting. Are you the adult that you want your child to grow up to be?"

Parenting has become a competition that's about knowing, proving, executing, and measuring rather than being.

Put down the yardsticks of school admissions, grades, sports, trophies and accomplishments - we want to raise children who live and love with their whole hearts.

If that is the goal, then above all else we should strive to raise children who:

- Engage with the world from a place of worthiness
- Embrace their vulnerabilities and imperfections
- Feel a deep sense of love and compassion for themselves and others
- Value hard work, perseverance, and respect
- Carry a sense of authenticity and belonging with them, rather than searching for it in external places
- Have the courage to be imperfect, vulnerable, and creative
- Don't fear feeling ashamed or unlovable if they are different or if they are struggling
- Move through our rapidly changing world with courage and a resilient spirit

For parents this means we are called up to:

- Acknowledge that we can't give our children what we don't have and so we must let them share in our journey to grow, change, and learn
- Recognize our own armor and model for our children how to take it off, be vulnerable, show up, and let ourselves be seen and known
- Honor our children by continuing on our own journeys toward Wholeheartedness
- Parent from a place of "enough" rather than scarcity
- Practice the values we want to teach
- Dare greatly, possibly more than we've ever dared before

If we want our children to love and accept who they are, our job is to love and accept who we are.

I thought this was powerful stuff and wanted to share it. I've also included the author's Wholehearted Parenting Manifesto which I thought was powerful as well.



THE WHOLEHEARTED PARENTING MANIFESTO

- Above all else, I want you to know that you are loved and lovable.
- You will learn this from my words and actions – the lessons on love are in how I treat you and how I treat myself.
- I want you to engage with the world from a place of worthiness.
- You will learn that you are worthy of love, belonging, and joy every time you see me practice self-compassion and embrace my own imperfections.
- We will practice courage in our family by showing up, letting ourselves be seen, and honoring vulnerability. We will share our stories of struggle and strength. There will always be room in our home for both.
- We will teach you compassion by practicing compassion with ourselves first, then with each other. We will set and respect boundaries; we will honor hard work, hope and perseverance. Rest and play will be family values as well as family practices.
- You will learn accountability and respect by watching me make mistakes and make amends, and by watching how I ask for what I need and talk about how I feel.
- I want you to know joy, so together we will practice gratitude. I want you to feel joy, so together we will learn how to be vulnerable.
- When uncertainty and scarcity visit, you will be able to draw from the spirit that is a part of our everyday life.
- Together we will cry and face fear and grief. I will want to take away your pain, but instead I will sit with you and teach you how to feel it.
- We will laugh and sing and dance and create. We will always have permission to be ourselves with each other. No matter what, you will always belong here.
- As you begin your Wholehearted journey, the greatest gift that I can give to you is to live and love with my whole heart and to dare greatly.
- I will not teach or love or show you anything perfectly, but I will let you see me, and I will always hold sacred the gift of seeing you. Truly, deeply, seeing you.