

"WE WANT PEOPLE TO GIVE US A CHANCE, BUT WE ARE QUICK OURSELVES TO REFUSE TO EMPOWER OTHERS LOOKING FOR THE SAME END RESULT AS US: TO GROW FROM THE TOXICITY IN THEIR LIVES."

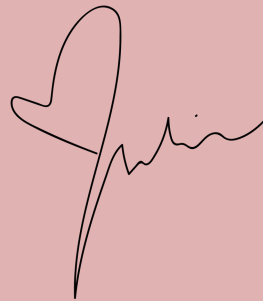


Janie

“ Being vulnerable is also  
us being comfortable with  
admitting defeat and  
becoming proud of who we  
are, despite mistakes and  
downfalls. ”

Jan

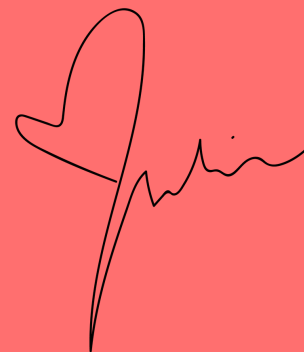
“ Right now, in this moment, is an opportunity to speak up even if we get shut down. So why do we shut ourselves down first?”

A handwritten signature in black ink, appearing to read "J. Miller". The signature is fluid and cursive, with a large initial "J" and a long, sweeping underline.

“

We were all born in a vulnerable state. We were all unclothed and reliant on another to take care of us for the time being. But no matter your situation from the moment you are born, **you are worthy**. You do not need to fit a certain story to rise. If you are here right now, you rose from vulnerability. Vulnerability takes **teamwork**. Vulnerability is the source of connection. Vulnerability brings the possibility for rocky paths, but hitting those rocks and seeing those bruises still means that **we are still living**.

”

A handwritten signature in black ink, appearing to read "John". The signature is fluid and cursive, with a large, sweeping initial letter.

“

Maybe someone makes fun of you for being vulnerable, or someone takes advantage of your vulnerability, or someone straight-up rejects your worth.

You may feel like you can never be vulnerable with anyone again, feeling as if no one on this planet will accept you for who you are. But many times we do not stop and realize that we, ourselves, are not accepting our own vulnerability.

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*Quinn*

“

Get used to the  
sound of your own  
voice.

*John*

”

“ You don't have to be considered somebody special to have a voice. ”

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*VulnerABLE: How to Notice the Power of Vulnerability Through Lettuce, Laundry, and Love*



“IS YOUR  
STORY LEFT  
UNTOLD?”

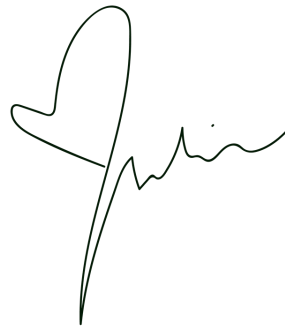


*Julia*



WHEN YOU EMBRACE YOUR VULNERABILITY, WHEN YOU EMBRACE THE FACT THAT YOU ARE NOT PERFECT, YOU WILL REFUSE TO LET SOMEONE ELSE KNOCK YOU DOWN DUE TO WHO YOU ARE.

TAKE THE STORY OF DAVID AND GOLIATH, FOR EXAMPLE. DAVID VOLUNTEERED TO BATTLE GOLIATH. GOLIATH HAD WEAPONS AND PHYSICAL STRENGTH, WHERE DAVID WAS A MUCH SMALLER MAN, PERCEIVED AS LESS POWERFUL TO MANY. SPOILER ALERT: DAVID WINS THE BATTLE NOT FROM PHYSICAL STRENGTH, BUT BECAUSE OF SKILL. HE COMES TO THE BATTLE PREPPED WITH NOTHING BUT A SLING AND BAG OF STONES. GOLIATH STARTED PROJECTING INSULTS AT DAVID, TRYING TO INTIMATE HIM WITH HIS PHYSICAL STRENGTH, HAVING FUN WITH HIS POWER. DAVID, STAYING CALM AND FAITHFUL, LAUNCHED A STONE AT GOLIATH'S HEAD, KNOCKING THE GIANT THE GROUND. NOW, I AM NOT TELLING YOU TO THROW STONES AT PEOPLE, RATHER, WE NEED TO REALIZE THAT OUR SIZE OR SITUATION DOES NOT MAKE US LESS THAN. YOUR BAG OF STONES IS HONESTY, AND YOUR SLING-SHOT IS NOT LETTING ANOTHER PERSON DEFINE YOUR WORTH.

A handwritten signature in black ink, appearing to read 'John', is centered below the text. The signature is fluid and cursive, with a long, sweeping tail on the first letter.

“

Right now, the spotlight is on you. Feel this moment. Accept what you're feeling. It's your turn to speak.

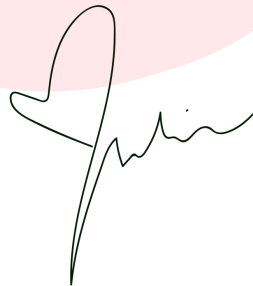
What are you going to do with your voice?

A handwritten signature in a cursive style, appearing to read "Justin".

”

# BONUS!

“TAKE MY WORDS AND RUN WITH THEM IN WHATEVER WAY YOU PLEASE, BUT WHEN THEY ASK YOU TO EXPLAIN FURTHER, YOU’LL BE TELLING YOUR STORY, NOT MINE. THAT’S WHY I AM NOT AFRAID OF PUTTING MY VOICE OUT THERE ANYMORE. BECAUSE I KNOW MY EXPERIENCE, AND YOU KNOW YOURS. WE BOTH HAVE SOMETHING UNIQUE TO OFFER TO THE WORLD; WHY SHUT IT DOWN, WHY COVER IT UP, WHY PUSH IT ASIDE? AND THE CREDIBILITY I NEEDED WAS TO BE JULIA RUGGIERO, AT NOW 1:55 A.M. ON A SUNDAY NIGHT, SHARING MY EXPERIENCES AND THOUGHTS WITH YOU.”.

A handwritten signature in black ink, appearing to read "Julia", positioned at the bottom center of the page.