



CHAPTER ONE



Final thoughts

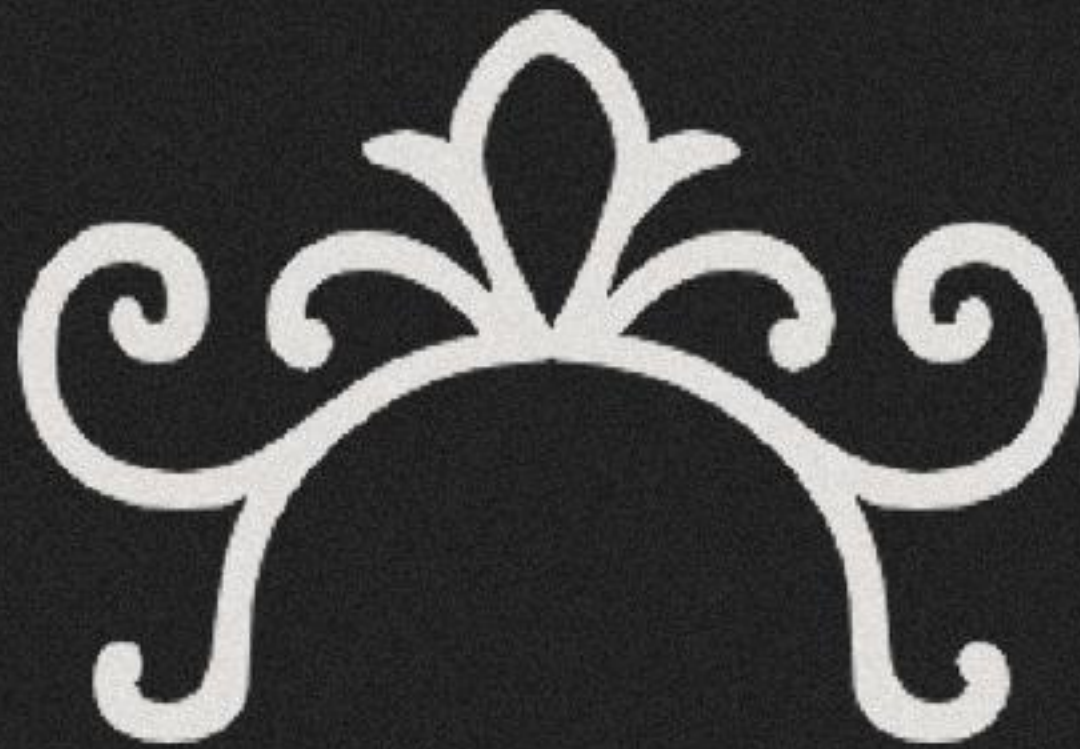


Chapter Summary

In the concluding chapter, Brene Brown reflects on the nature of vulnerability and courage as encapsulated in Theodore Roosevelt's famous quote. She shares her own struggles with critics and the emotional toll of living authentically. Through a poignant story about a young man embracing his emotions, she emphasizes that daring greatly isn't about the outcome but rather the courage to participate in life fully. Ultimately, Brown encourages readers to face the discomfort that accompanies vulnerability and to recognize that true achievement lies in showing up, regardless of the risks. The journey of daring greatly is about embracing both joy and pain.



The Voice of the Critic



The critic's voice is often loud, drowning out our own inner encouragement. Yet, it is crucial to remember that true worth is not defined by those external voices but by our own courage to engage with life. It's not about those who point out our failures but about those brave enough to step into the arena.

The Journey of Vulnerability



Brene recounts her own experience of vulnerability while writing this book. Facing mean-spirited comments, she reflects on how these moments challenge her resolve and how vulnerability can sometimes feel unjustly painful. Yet, this pain is a testament to the importance of authenticity in our lives.



A Tale of Courage

Brene shares a heartfelt story of a young man inspired by her teachings. When he expressed love to someone, he faced rejection, yet he recognized the strength in daring to show his feelings. This moment of courage illustrates the essence of living wholeheartedly.

Daring Greatly Defined

Daring greatly means participating fully in life despite the risks. It is not about victory or defeat; it is about having the courage to engage and put oneself out there. Through our efforts, we learn resilience and growth.



Facing Discomfort

In a world where feelings of scarcity and shame dominate, embracing vulnerability is a radical choice. This discomfort is part of the journey towards authenticity and connection, pushing us to live more richly.

The Cost of Vulnerability

Brown conveys that vulnerability comes with a high emotional cost but emphasizes the worth of this risk. The experience of being truly seen can be both exhilarating and terrifying, yet it's necessary for genuine living.

Strength in Failure

Failure is an inevitable part of the journey. Each misstep provides lessons and deepens our understanding of ourselves and our capabilities. Embracing failure is a critical step towards courage.

"There is no effort without error and shortcoming."

Redefining Success

Success is not merely about accolades or achievements; it's also about our willingness to take risks and embrace vulnerability. Living with courage and heart defines our true success in life.



"True achievement lies in the courage to show up."

The Lessons Learned



Reflecting on her journey, Brene notes that the lessons of daring greatly continually shape how she interacts with the world. Each encounter provides an opportunity to embrace our vulnerabilities and grow.

Embracing the Journey



As Brene concludes her book, she reminds us that our journey is ongoing. Daring greatly is a commitment to continually embrace vulnerability, face our fears, and strive for connection despite the risk of pain.



Recap

- "It is not the critic who counts; the credit belongs to the man in the arena."
- "Vulnerability is subversive; it's uncomfortable and sometimes dangerous."
- "Nothing is as hurtful as believing you're on the outside looking in."
- "There is no triumph without vulnerability."
- "There is no effort without error and shortcoming."



Thank You

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