



“STEPPING INTO THE ARENA” Vulnerability + Empowered Action

This worksheet was created to complement the *She Makes It Beautiful* Professional Development Series interview with **Kim Walker-Williams and Fatimot Ladipo, Co-founders of Code Kids Rock**

“And without question, putting ourselves out there means there’s a far greater risk of feeling hurt. But as I look back on my own life and what Daring Greatly has meant to me, I can honestly say that nothing is as uncomfortable, dangerous, and hurtful as believing that I’m standing on the outside of life looking in and wondering what it would be like if I had the courage to show up and let myself be seen.” –Brené Brown

Kim and Fatimot saw a need in their community and used their expertise in specific areas to fulfill that need. Code Kids Rock was launched because these two powerhouse women took a leap. They stepped into the arena which requires being uncomfortable, doing something in spite of fear, and taking a risk to “put themselves out there.” The optimum word here is courage!

SMIB Bonus – **Exercise:** Stepping into the Arena – The Power of Vulnerability

The exercise is about the power of vulnerability. It is a journal writing prompt to express where you may be holding back. It's your chance to be honest with yourself about what is keeping you from fully “stepping into the arena.” Use the space below. Here are your prompt questions: **(1)** Are you afraid of being judged? Criticized? And **(2)** if you've already started your business or project, in what areas are you still procrastinating? **(3)** What actions can you take to move past what may be stunting your progress? **On the flip side:** Where in your plan of action have you been courageous? What did you learn from it? Give yourself some much needed praise for moving out of your comfort zone into new territory.

Hey, Phoenix! What Do You Think?

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