Vulnerability
Action Plan

More to Mum

Remember!
Download and save this action plan before filling it in (and saving again) to prevent losing your inspired answers!

1. What part of your story aren't you sharing?	2. What are you worried that people will see as not good enough in you or your life if you did share it?
3. How would you feel if you were able to share this with someone appropriate?	4. Who would be the best person to share this with?