

VULNERABILITY IS A STRENGTH

by Naomi, age 13

Vulnerability is a strength, not a weakness

It is a sign of power

Vulnerability can be your anchor or your wings

You can let it take you down

or use it to your advantage

You can let it take control of your emotions

or you can embrace it

Feeling vulnerable

is like looking at the tip of an iceberg

You don't know what is below

the surface of the water

You don't know what's coming next

But do not let anyone ever tell you
that being vulnerable is a sign weakness

because it is not

It is a strength

and it's your choice if you want

to let it overpower you or

to use it to thrive