



BRAVING

Brené Brown

BOUNDARIES

You respect my boundaries, and when you're not clear about what's okay and not okay, you ask. You are willing to say no.

ACCOUNTABILITY

You own your mistakes, apologize & make amends.

INTEGRITY

You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

RELIABILITY

You do what you say you'll do. At work this means staying aware of your competencies and limitations so you don't over promise and are able to deliver on commitments & balance competing priorities.

VAULT

You don't share information or experiences that are not yours to share. I need to know that my confidences are kept, and that you're not sharing with me any information about other people that should be confidential.

NON-JUDGMENT

I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

GENEROSITY

You extend the most generous interpretation possible to the intentions, words, and actions of others.