

# [Revealed] Brene Brown Daily Routine in 2024

written by Naveen Arora | February 22, 2024

Knowledge is the supreme power and there are no limits to acquire them, and Brene Brown is the perfect example. She has spent two decades studying about courage, shame, empathy and vulnerability. She's the author of five #1 New York Times bestsellers. She is admired by most of the people for her powerful talks and her best-selling books. Let's take a look at her daily routine and some interesting facts about her.

## Who is Brene Brown?

- Brene brown is a Clinical social worker, public speaker, lecturer and podcast host.
- She is a visiting professor at the University of Texas at Austin.
- As of 2021, she is ranked number five by New York Times.
- Her filmed lecture, Brene Brown: The call to Courage, debuted on Netflix in 2019.
- She has given many TED talks.
- She is the CEO of 'The daring way', a professional training and certification program.



*brene brown*

## Daily Routine

### Mornings of Brown

- **She starts her day around 6.30**

She is an early riser, she wakes up at 6.30 in the morning and starts her day with a prayer, giving thanks to the lord, she believes that practicing gratitude is about leaning into the feeling of joy.

- **Breakfast**

She does not eat her breakfast in the morning until 11, she only drinks water. Her breakfast will usually contain a bread made from egg whites, often baked with sugar, topped with avocado and mayonnaise.

## Afternoons of Brown

- **Picking kids from school**

She is a master in managing her personal and professional life, she simply manages it like a pro. In the afternoon, she would pick her children from school, she also loves to spend time in private.

## Evenings of Brown

- **Sleep hours**

She is an extremely busy person, she rarely gets leisure in the evening. She mostly spends her evening in preparing for her podcast episodes. She would go to bed after completing all her work, she makes sure that she gets eight or nine hours of sleep.



• brene brown keto diet

## Personal Interest and Facts



- **Born:** November 18th, 1965.
- **Full name:** Casandra Brene Brown.
- **Age:** 56 years.
- **Parents:** Casandra Deanne Rogers, Charles Arthur Brown.
- **Siblings:** Barrett Guillen, Ashley Brown Ruiz.
- **Spouse:** Steve Alley.
- **Children:** Ellen Alley, Charlie Alley.
- **Discipline:** Social work.
- **Institutions:** University of Houston.
- **Alma matter:** University of Texas at Austin

## Honours and Awards

- City's Most influential women: 2009.
- Social work's outstanding faculty award.
- Her TED talk- 'The power of Vulnerability" has been widely viewed.
- Her filmed lecture, Brene Brown: The call to Courage, debuted on Netflix in 2019.



*brene brown daily routine*

# Prominent Works

- 'Feminist Standpoint Theory' and 'shame resilience theory'.
- Connections.
- Daring greatly.
- Rising strong.
- The gifts of imperfection.
- Braving the wilderness.

# Learning from Brown.

- Embrace imperfection.
- Lead from the heart, not from hurt.
- Courage and fear belong together.
- Gaining skills in rising up enable people to take risk.
- Rumble with vulnerability.
- Learn to rise.
- Live your values.

# Brene Brown's Quotes to Inspire you Towards Success

- Talk to yourself like you would to someone you would love.
- You either walk inside your story and own it or you stand outside your story and hustle for your worthiness.
- There is no innovation and creativity without failure.
- Let go of who you think you're supposed to be; embrace who you are.
- We don't have to do all of it alone. We were never meant to.

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