



THE 7 DAY

VISIBILITY CHALLENGE
COMPANION WORKBOOK
———— DAY 6 ————

SHARING YOUR PAID OFFER

STEP
2

CHOOSING + RIGHT SIZING

Which idea attracts you the most? Choose one.

HERE'S HOW I PLAN TO BE VISIBLE TODAY:

When I check in, doing this feels:

Too easy Too hard Like a right-sized, good stretch.

For example...

Too hard may make your body convulse or feel sick.

Too easy will feel like you haven't done enough, like you're letting yourself down, and a bit ho-hum.

A stretch feels a bit scary AND exciting. You'll be moving just outside your comfort zone. They'll be a sense of challenge to it, but not complete overwhelm.

A right-sized action may not feel "easy" per se, yet it has a sense of challenge, fun, and perhaps adventure. We're not trying to stretch so far that we make it a struggle. Adjust accordingly.

If you're not certain, tack your action and see. Just go for it!

STEP
3

WORKING WITH YOUR GREMLINS

(No gremlins? You're ready!! Skip this step and go take your action.)

When I think about doing this, the Visibility Gremlins that come up are:

(What are the mental blocks? What are the voices in your head saying to you?)

1. _____
2. _____
3. _____
4. _____
5. _____

Is this Visibility Gremlin a CLARITY issue?

Yes No *(if no skip this section)*

Is this Visibility Gremlin a EXPERIENCE issue?

Yes No (*if no skip this section*)

Sometimes we want to do something and step outside our comfort zone BUT there's resistance because it's new or different. Our conscious, rational brains are on board. We *think* it's a great idea, but our critter brain says HELL NO!

Why?

Because to take this new action means to CHANGE and to do something DIFFERENT from our existing way of doing things.

To our critter brain (reptilian brain/brain stem) ANY change means you might die. It's only job is to keep you safe and to do that it says no to any change...because change opens up the potential for death. (*Our critter brain is very black and white, life and death, yes or no.*)

The work arounds to this are:

- 1) Change the action to be something closer to an experience with which you're already comfortable.
- 2) Talk to your critter brain... let it know that you've got things well in hand and exactly how and why you'll be safe... then take your action.
- 3) Do it anyway without explaining things to your critter brain. (I find this the hardest path, but sometimes we just need to push through our fears.) Through experience your critter brain recognizes you didn't die and it will get easier the next time.

Tips and examples:

For instance, say you want to go from talking to your immediate family about your biz to talking to strangers BUT your critter brain is saying going to a networking group is too much and is throwing a fit that's shutting you down.

You could:

- Work up to this, starting instead with networking over coffee, one-to-one with people you already know. (Changing the action to be closer to what you're already comfortable with.)

- Have a conversation with yourself like... “Jessie invited me to the event, I’m going to meet her there and that will feel more comfortable; I’m just checking it out, I don’t have to have everything put together and perfect; I just need to be me; this is good practice talking about what I do and connecting with people, etc. (*Explaining how it’s going to work + safety.*)
- Breathe and go for it. (*Do it anyway.*)

Try on all these options. Which one feels better? Go with that one.

Stuck? Ask for help in [The Posse](#).

Is this Visibility Gremlin a MINDSET issue?

Yes No (*if no skip this section*)

Mindset gremlins are a chorus of “you can’ts” or “you shouldn’ts” that are often feel very real. They come to us like statements of truth ... but they are not the truth.

I shouldn’t do this because ...

*I will feel overwhelmed.
I will attract the wrong kind of client.
It will take too much of my time away from my family.
I will be successful and people will hate me for it.
I won’t be successful and then what...
People will think I am a fraud.
People will think I’m pushy, salesy, or sleazy.
My people, tribe, association will disown me.
I won’t live up to their expectations.
I’ll be ridiculed.*

I can’t do this because...

*I’m not interesting enough.
I don’t have anything new to say or add.
I’m not expert enough.
I’m not ready to play at this level.
I’m a fraud, I’m really not that good.
I’m not good enough.*

AND SO ON...

If you're being held back by any Mindset Gremlins, first I want you to know you're not alone. Every woman, each time they take their visibility to a new level faces these Gremlins. The trick is figuring out how to move through them quickly and easily.

You'll want to do two things...

- 1) Review [The Brain Training Reframes](#) worksheet. You can find it [here](#).
- 2) Post in [The Posse](#) for help. I will be providing coaching there. Do not stay stuck! I'm here to help!

STEP

4

EVALUATE HOW IT WENT

After your checking in, right-sizing of your action, and attending to your Visibility Gremlins, what did you end up doing?

HOW I ACTUALLY GOT MY MESSAGE OUT THERE WAS BY DOING THIS:

HOW DID YOU WEAVE YOUR MESSAGE INTO YOUR ACT OF VISIBILITY?

OVERALL, HOW'D THIS FEEL?

WHAT WENT WELL?

WHAT DID YOU LEARN?

WHAT, IF ANYTHING, WOULD YOU DO DIFFERENTLY NEXT TIME?

WHAT IDEAS DOES THIS EXPERIENCE INSPIRE?

DO YOU AGREE OR DISAGREE WITH THESE STATEMENTS?

This wasn't so bad. I could easily do this again!

Yes No

I will do this again in the future. Yes No

Well done you! Congratulations on rocking out Day 6!

xoxo,
Amira

Share your
ah-ha's in
The Posse.

We learn
so much
from each
other.