

MASTERING VISIBILITY WORKBOOK



Module 2

DIAGNOSE WHAT'S HIDING YOU

THREE STEP PROCESS

The "Diagnose" process allows you to take an inventory of your current visibility behaviors and beliefs. When you are clear about the pain and cost of staying blocked with your visibility, you can begin to make different choices. Your personalized Visibility Blueprint will be based on decisions that are in alignment with your Vivid Vision for Visibility.

01

IDENTIFY THE PROBLEM

Recognize what's blocking your visibility so that you can have clarity about the cost of staying hidden and begin to make different choices.

02

UNDERSTAND THE BEHAVIOR

Have clarity about the cost of the behavior keeping you hidden. Realize that the behavior is a symptom of deeper beliefs.

03

DISCOVER THE BELIEFS

When you discover what you've been believing about yourself and the fears keeping you hidden, you can have more compassion for yourself.

Notes



THE PROBLEM

WHAT IS BEING AFFECTED?

1a

AREA OF LIFE MOST IMPACTED BY YOUR LACK OF VISIBILITY?

(check all that apply)



INCOME



BUSINESS



RELATIONSHIPS



CONNECTION WITH SOURCE



HEALTH



OTHER _____

1b

EXAMPLES: WHAT'S THE COST OF NOT BEING VISIBLE ?

Pick the area that is causing you the most PAIN (from above) and describe specifically how it's costing you in this area?

INCOME – 'Because I'm not visible in my business I'm not earning enough money for my daily expenses.'

RELATIONSHIPS – 'Because I'm not visible in my business, I'm overworking to compensate and my partner complains that I'm not present in our relationship.'

HEALTH – 'Because I'm not visible in my business, I'm not as successful as I know I should be, this causes me stress and exacerbates my chronic health condition.'

BUSINESS – 'Because I'm not visible in my business, I'm not helping the people who need my gifts, talents, skills. They are in pain and I'm not being of service to them. '

CONNECTION – 'Because I'm not visible in my business, I doubt my calling and that my Higher Power cares about me enough to save me.'

THE COST OF THE PROBLEM

1b

WHAT is the cost of not being visible?

1c

HOW do you feel about not being visible? (check all that apply)

- | | |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Desperate |
| <input type="checkbox"/> Powerless | <input type="checkbox"/> Trapped |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Abandoned |
| <input type="checkbox"/> Alone/Lonely | <input type="checkbox"/> Hopeless |
| <input type="checkbox"/> Betrayed | <input type="checkbox"/> Punished |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Other _____ |

YOUR TRUTH ABOUT THE PROBLEM

1d

Rewrite the statement below using your own words from the previous sections:

'Because I'm not visible in my business, my (1a), is being impacted. The cost of this lack of visibility is (1b) As a result, I feel (1c).'

Notes



THE BEHAVIOR

HOW ARE YOU KEEPING
YOURSELF HIDDEN?

2a

What behaviors are you using to NOT SHOW UP? (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Eating (over/under) | <input type="checkbox"/> Under-Earning/Being in Debt |
| <input type="checkbox"/> Drinking/Drugs | <input type="checkbox"/> Faking it |
| <input type="checkbox"/> Hyper vigilant | <input type="checkbox"/> Distraction |
| <input type="checkbox"/> Physical Illness | <input type="checkbox"/> Overworking |
| <input type="checkbox"/> 'Mute' Myself | <input type="checkbox"/> Overly Self-Sufficient |
| <input type="checkbox"/> Toning Myself down | <input type="checkbox"/> Perfectionism |
| <input type="checkbox"/> People Pleasing | <input type="checkbox"/> Achievement (awards/degrees) |
| <input type="checkbox"/> Binging on Social Media/Netflix | <input type="checkbox"/> Other _____ |

2b

How often do you use the behavior listed in 2a to avoid being visible?

How many times a week? (1= Once, 5 = Too many to count)



How much is this behavior affecting your ability to show up?
(1= Not at all, 5 = Extremely)



HOW DOES THE BEHAVIOR CAUSE PAIN?

2c

EXAMPLES: HOW DO YOU HIDE YOURSELF?

Reflect on how you may be using the behaviors listed in (2a) as excuses to avoid visibility?

INCOME – 'If I don't have money, and I'm in debt, I can't afford to invest in my business or get the help I need to move forward. I keep overworking to stay ahead.'

RELATIONSHIPS – 'I mute myself and find ways other to tone myself down. I'm people-pleasing in order to avoid being judged and to manage the repercussions of speaking up.'

HEALTH – 'If I'm stressed, I get a migraine, and I'm in pain. I try to be overly self-sufficient and not depend on others. Sometimes I use migraines as an excuse to not be accountable and show up.'

BUSINESS – 'I'm overworking and using work as an excuse to avoid showing up where I don't feel comfortable and confident.'

CONNECTION – 'I obsess about my body weight and image. I don't want to get visible if I can't be perfect. When I stay in my head, instead of my heart, I'm just wearing a mask when I am visible.'

2c

HOW do you HIDE YOURSELF?

THE COST OF THE BEHAVIOR

2d

HOW do you feel about yourself as a result of not being visible?

(check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Angry with myself | <input type="checkbox"/> Depressed |
| <input type="checkbox"/> Powerless to change | <input type="checkbox"/> Hopeless |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Afraid I can't change |
| <input type="checkbox"/> Desperate | <input type="checkbox"/> Punishing towards myself |
| <input type="checkbox"/> Stupid | <input type="checkbox"/> Critical of myself |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Disgusted with myself |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Disappointed with myself |
| <input type="checkbox"/> Lost/Bewildered | <input type="checkbox"/> Other _____ |

2e

WHAT IS THE TRUE COST OF THE BEHAVIOR?

'Because I'm using (2a) to stay hidden, I am in pain. The truth is, I end up feeling (2d).'



THE BELIEF

HOW ARE YOUR BELIEFS
KEEPING YOU IN HIDING?

3a

WHAT FEARS CAUSE THE BEHAVIORS THAT KEEP YOU HIDDEN?

(check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> I'm not enough | <input type="checkbox"/> I'm afraid of losing control |
| <input type="checkbox"/> I'm going to fail | <input type="checkbox"/> I'm afraid of being a target |
| <input type="checkbox"/> I will be judged/criticized | <input type="checkbox"/> I'm afraid of being weak |
| <input type="checkbox"/> I'm going to be vulnerable | <input type="checkbox"/> I'm afraid of being myself |
| <input type="checkbox"/> I'm afraid I'm stupid | <input type="checkbox"/> I'm afraid too much! |
| <input type="checkbox"/> I'm afraid someone will reject me | <input type="checkbox"/> I'm afraid of being too "woo" |
| <input type="checkbox"/> I'm afraid someone will hurt me | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> I'm afraid of being found out | <input type="checkbox"/> Other _____ |

Notes

THE HIDDEN BELIEFS

3b

WHAT BELIEFS ABOUT YOURSELF CAUSE THESE FEARS?

(check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> I can't make a mistake | <input type="checkbox"/> I shouldn't be too big |
| <input type="checkbox"/> I must succeed | <input type="checkbox"/> I can't stand out |
| <input type="checkbox"/> I have to look good | <input type="checkbox"/> I shouldn't threaten others |
| <input type="checkbox"/> I have to fit in | <input type="checkbox"/> I have to be nice |
| <input type="checkbox"/> I have to prove myself | <input type="checkbox"/> I need to please everyone |
| <input type="checkbox"/> I have to be smart | <input type="checkbox"/> I need credentials to be credible |
| <input type="checkbox"/> I have to be perfect | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> I have to conform | <input type="checkbox"/> Other _____ |

3c

WHAT BELIEFS ARE BEHIND THE BEHAVIORS?

'Because I believe (3a) I stay hidden, The truth is, as long as I believe (3b) I end up.'

VIDEO SCRIPT

Tell a story about your blocks with visibility. Use the information from this Module's Workbook to create a 3- min video script that includes the problem, behaviors, and beliefs around staying hidden.

HOOK: Ask a simple question or make a statement that draws the viewer in.

PAINT A PICTURE: Allow the viewer to see, feel, hear, and otherwise experience the point you are illustrating. Use vivid details and descriptive words to captivate the viewer's attention.

VIDEO SCRIPT

TELL A STORY: Give the viewer a juicy story that gives them the ability to be in the picture with you. This is where you create empathy in your audience.

TRUTH BOMB: Summarise the point you were making with the essential meaning of the story, loop it back to a more universal truth or lesson.

VIDEO SCRIPT

CALL TO ENGAGE: Invite the viewer to participate in a specific way. When you do this, they feel as if you are in a conversation with them vs. talking at them.

CREATE A CONNECTION & A CONVERSATION: "Babysit" your post, like/love every comment, ask them questions, and show them that you care by paying attention to their responses.

“

Truth Bomb

You cannot change that
which you do not love.

xoxo, Ziddiqi