

YOU'VE COME A LONG WAY BABY

It is time to check in on the Ah-has and Transformations that you have had over the past couple of months. Please answer the following questions to see how far you have come.

After completing & saving (name it with YOUR name) this fillable PDF workbook, please attach it to an email and send it to tamtigh@gmail.com.

TRANSFORMATION #1

Create a **vivid vision for your visibility** so that you can be clear on your direction, and goals. You'll be able to say yes to the right opportunities and no to the wrong opportunities.

	n you created your Vivid Vision for Visibility, what did y nelp keep you motivated (has helped) & moving forwan Nity?	
VISIDIL	uty?	

Recognize what's **blocking your visibility**, its cost and the **behaviors & beliefs** causing the problem.

2	What beliefs & behaviors did you pinpoint that have been blocking your visibility? Describe how the awareness of these beliefs & behaviors has helped you?

Discover the **origin** of your visibility challenges, beliefs, & behaviors. The **Original Visibility Wound** causes the belief, the belief creates the behavior, the behavior is what's stopping you.

3	What beliefs & behaviors did you pinpoint that have been blocking your visibility? Describe how the awareness of these beliefs & behaviors has helped you.

Understand that your **Visibility Wound** drives your **Beliefs & Behaviors** which creates your **Inner Critic** which then becomes the **Voice of the Shadow Archetype** which has created your **False Identity**; this is what keeps you hidden.

4	When tracking your Shadow Voice, what did you discover about When & How it is most likely to plague you?

You will bring the "DARK SIDE" out into the open and expose it to the LIGHT so that it can be seen and you can start taking back your power.

5	When you interviewed your Shadow Voice, what did you learn that surprised you? How will this knowledge help you to stand up against your Shadow Voice in the future?

During the Power.	During the Safe To Be Seen Retreat , you spoke to your Ideal Avatar and your Higher Power .	
	What did you discover that was impactful to your visibility? What surprised you about what you heard?	

During the **Safe To Be Seen Retreat**, you learned about your **Human Design** as it relates to your visibility.

7	How did practicing your decision-making process, as it aligns to your Human Design, change the way you will approach your visibility?

During the **Safe To Be Seen Retreat**, you participated in the **Rapid Recode**. What break-throughs did you experience?

8	What was the intention you set for your visibility? What insights about your block were the most impactful to your willingness to be seen and heard?

During the Safe To Be Seen Retreat, you worked on your Visibility Manifesto.	
	What did you discover that will impact your future decisions regarding
9	your visibility? What actions did you take based on your manifesto?

NOTES TO SELF

What tangible outcomes have you gotten as a result of participating in Mastering Visibility?
(Think tangible outcomes – i.e. 'I doubled my income as a result of feeling more confident)

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