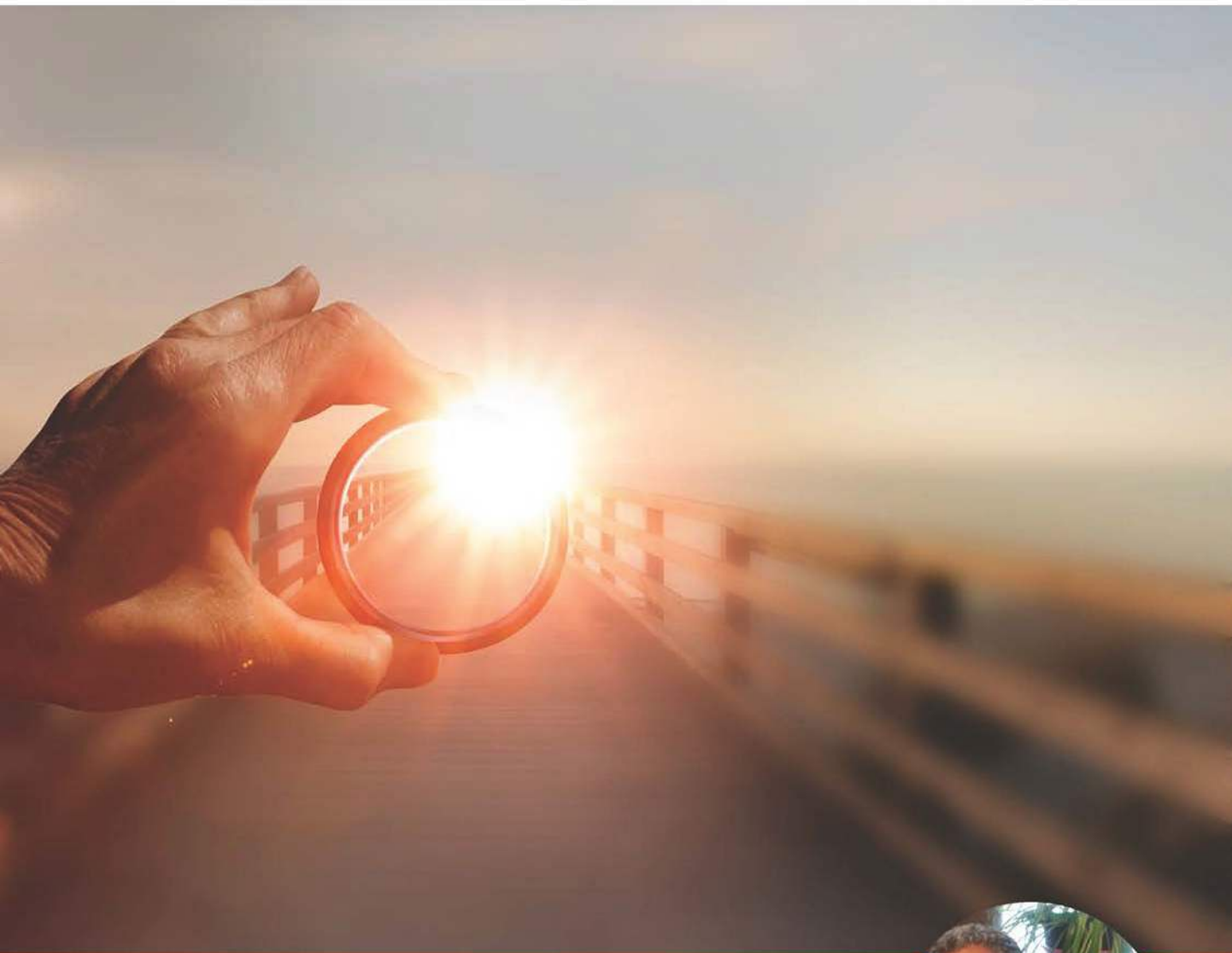


VISIBILITY JOURNAL

FIND THE COURAGE TO BE SEEN!



Pam Hamilton
Mindset & Visibility
Speaker | Author | Coach



Visibility Journal

“Find The Courage To Be Seen”

Inside you’ll explore:

Prompts To Improve Your Self-Talk
Discover What’s Really Holding You Back
Steps To Create A Path Toward Visibility

Pam Hamilton
“Mindset & Visibility Expert”

Welcome & Congratulations!

Congratulations for downloading this journal! It will help you be more intentional about your visibility journey and record your progress along the way.

I put this journal together to help you explore where you are in your journey and where you need to focus your attention. In these pages you'll begin to discover and appreciate who you truly are. You'll also discover why you're hiding. And, finally, begin to see a clear path to living as your full authentic self.

After all, when you're an impact driven womenpreneur trying to share your gift, it's really difficult if you're living with a crippling fear of being seen. Or struggling with imposter syndrome. It keeps you from making the impact that you know you can. And, that's just frustrating!

This journal will help you begin to crush the lies keeping you invisible and playing small so you can share your message more effectively.

In fact, it's the whole reason I share this information with you. It's so you can finally make the impact in the world that only you can.

I used to be where you are. I was afraid to be seen. And, overcoming that fear changed my life for the better. And, it's allowed me to help change dozens of my client's lives for the better . . . and I can help you change yours too.

If you want more information about how I can help, check out my website at: www.BuildingVisibility.com

Do Today Courageously,

Pam Hamilton

Journal

Who Am I? As a kid you were probably asked “who do you think you are?” And, you gave the answer that was expected. But, if you’re *being honest, in your heart* . . . who DO you think you are? (Hint: “nobody”, is the *wrong* answer)

[Here’s a link to a song to help inspire you.](#)

What fear came up for you?

When did you stop believing you were enough? Do you remember back when you were brave and could do anything? What happened to change it?

What are you saying about you? Have you ever stopped and really listened to the things you say about yourself? What negative things about you, have you been reinforcing with your thoughts, words and actions? And how much of it are *internalized words* **other people said about you?**

[It's to see yourself in a new light. This song can help.](#)

Change your self-talk: Spend the next few days intentionally changing your self-talk. Write down 3 things you like about yourself and tell them to yourself every day. When you hear yourself saying something negative about yourself, interrupt and change it to a positive.

Believe this could be your moment: You have everything you need to live your dream already inside you. Imagine that this is the moment you've been waiting for. What would that look like? What's stopping you from living it right now?

You are enough for everything you want. [Play this song when you're having doubts.](#)

Special Bonus

Check out my weekly

Mindset & Visibility Mastermind

Join likeminded womenpreneurs to get ongoing support on your visibility journey and get your first 30-days for only \$1.00

[Click here to learn more.](#)