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Welcome back to the final lesson of module six. Here we are in module six, the outro, and we are talking about the courage to show up. Visibility takes energy. Visibility takes work, and when you feel like you are showing up in the world, it does sometimes drain you because you'd never know if it's going to land. You never know if it's going to be received well and so it might feel a little bit vulnerable. And we're talking a little bit about growing your courage when you show up. So in this module we've already talked about a whole lot of things. We talked about how to leverage your verticals in your business and to refine your sparkle factor. We really leaned into what we learned in module three and here we're helping you to understand your content strategy and your overall marketing for internal and external purposes.

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And we talked about leading your audience through that client process and the process that allows people to buy from the top of the funnel to the bottom of the funnel. And we also talked about being strategic with your visibility efforts. So what does that leave us with? It leaves us with needing to talk a little bit about what it means emotionally, physically, energy wise, when you do visibility work. So our sustainable habit builder is talking all about that piece. I want you to take away one thing from this module that it really does require courage to show up, to help others believe that they can do it right. Whatever you're selling, whatever you're doing, you have to let them believe in a transformation. And so when you show up in the world, you are showing other people that your world, whatever your beliefs are, what are your philosophies are are entirely possible.

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So every time you get that sense of I'm not enough, or this is really scary, or why am I even doing this? I want you to believe in the one person, your dreamy. Remember her name, remember her face. Why are you doing this in the first place? It's not about the money it is, but it isn't. You really want to focus on her. There needs his needs. Whoever your dream is and really talk to them when you can remember their needs first and believe in the ability for you to serve them, you will be better served in being able to talk more confidently, so have the courage that you are making a difference in that person's life in their business. Another thing to mention too is that visibility work takes energy because you're showing up because this process has really vulnerable. You really need to build in a little bit of an emotional buffer when you do intentional visibility efforts specifically around things that are a little bit more stretchy to you, things that feel a little bit more out of your comfort zone and you'll want to give yourself a little bit more time to recover from them.

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Maybe it takes a little bit of time for you to ramp up to it so that you can give yourself a little bit of leeway. So this sustainable habit builders a little bit different that you. I want you to take one courageous act in showing up one at a time, right? And by doing it, you will be able to one, cross off the thing on the Bingo card if you haven't already, and also you will be able to start building this habit. So if you can do one visible, courageous thing this week, one at a time for the next five workdays that you're working in your business to show up in a way that feels courageous. And in the next module, module seven, we're talking all

about goals and focus. I think it's actually the nice closer after you have heard all of the other options for what you can do and what you can continue to work on.

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Goals and focus is the one that you will use always throughout your business. Kind of like heart and core. It's just a different way of manifesting, right? So we're talking a little bit about what you need to be working on in the future, what you should be focusing on, what you can make progress on, and move the needle forward in your business. So I want you to wrap this module up, module six really strong, and we will see you in module seven. We'll see you inside the facebook group and I can't wait to discuss this topic with you.