

# Mapping Your Visibility Blueprint worksheet

[www.faryabarlas.com](http://www.faryabarlas.com)

## Step 1: Define Your Visibility Zone

**What does authentic visibility mean to you? How do you want to show up in your business and life in a way that feels aligned and expansive?**

**Example:**

I want to show up as a thought leader, sharing my insights through videos and workshops.

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**Step 2: Identify Your Capacity for Visibility**

**Prompt: "On a scale of 1 to 10, how safe does visibility feel for you right now? What would need to happen for you to feel one step safer?"**

This step helps you to be aware of nervous system's current state while creating a growth path.

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**Step 3: Create Your Visibility Blueprint**

**Divide your visibility into three zones: Comfort, Stretch, and Challenge. List specific actions in each zone that align with your current capacity.**

**Comfort Zone: Actions that feel safe and easy.**

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**Stretch Zone: Actions that feel slightly uncomfortable but manageable.**

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**Challenge Zone: Actions that feel bold and expansive but still achievable.**

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**Step 4: Commit to Small, Consistent Steps**

**From the Stretch Zone, what is one small action you can commit to this week? How will you regulate your nervous system before and after?**

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