

Permission to Be Seen

This section is about visibility, voice, and presence. Professionally, this could mean speaking up in a meeting, sharing your work, owning your expertise, applying for the opportunity, charging appropriately, or leading without apologizing.

Personally, it could mean letting people know the real you, not just the polished, helpful, agreeable version.

Where do I hide?

Where do I downplay myself?

Where do I wait to be invited instead of stepping forward?

What part of me is ready to be known?

Being seen is not arrogance. It is honesty.

