

# *Value to Visibility Challenge*

## WORKSHEETS DAY FIVE



**Susan M Barber**  
COACHING & CONSULTING, LLC

[susanmbarber.com](http://susanmbarber.com)

# Day Five - Create Visibility Habits

WRITE YOUR ANSWERS BELOW

---

WHAT ACTION(S) DO YOU WANT TO COMMIT TO DOING EACH WEEK TO INCREASE YOUR VISIBILITY?

WHAT WILL YOU IMPLEMENT THIS WEEK TO CREATE THIS NEW VISIBILITY HABIT FOR YOURSELF?

WHAT HABIT OR SYSTEM DO YOU NEED TO PUT IN PLACE TO ENSURE THAT YOU STAY COMMITTED TO IT?

# Day Five - Create Visibility Habits

---

## WHAT IS YOUR "WHY?"

WHEN YOU START SOMETHING NEW IT CAN BE HELPFUL TO DEFINE WHY YOU ARE DOING IT. YOUR "WHY" REMINDS YOU OF WHAT MATTERS MOST AND KEEPS YOU MOTIVATED.

WHAT IS YOUR PLAN IF YOU NOTICE THAT YOU START TO LOSE MOTIVATION OR STOP DOING IT ALL TOGETHER? HOW WILL YOU GET YOURSELF BACK ON TRACK?

