

FLAUNT & FLOURISH

HOW MUCH
OF ME DO
PEOPLE
REALLY
NEED TO
SEE?

*Learn how to decide what is
for sharing and what should
stay private.*



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How Personal Should you Be?

It's no surprise (and if you've come across any of my stuff in the past you know I say it too often) that in today's world, people buy from people.

In reality, what this means is that you want to connect with your audience. You want to show people that you share the same values and interests as they do. You want to encourage them to engage with you. You want to share what resonates with them; what's relevant to them. You want to convince them that you can help them to do things differently, do things better, deliver for them the things they can't do alone.

You need them to want you in their lives.

But the big question is: how personal should you be? And the smaller ones: When does it become too much? When is it too little? How do you know?

In truth, there's no one size fits all, magic 8 ball or even a magic wand that can tell you; instead, what follows is some guidance to help you choose what is right for you.

Victoria x



"Know thyself"

- Socrates

How Well Do you Know you?

Part of deciding how much is too personal to share is in understanding who you really are.

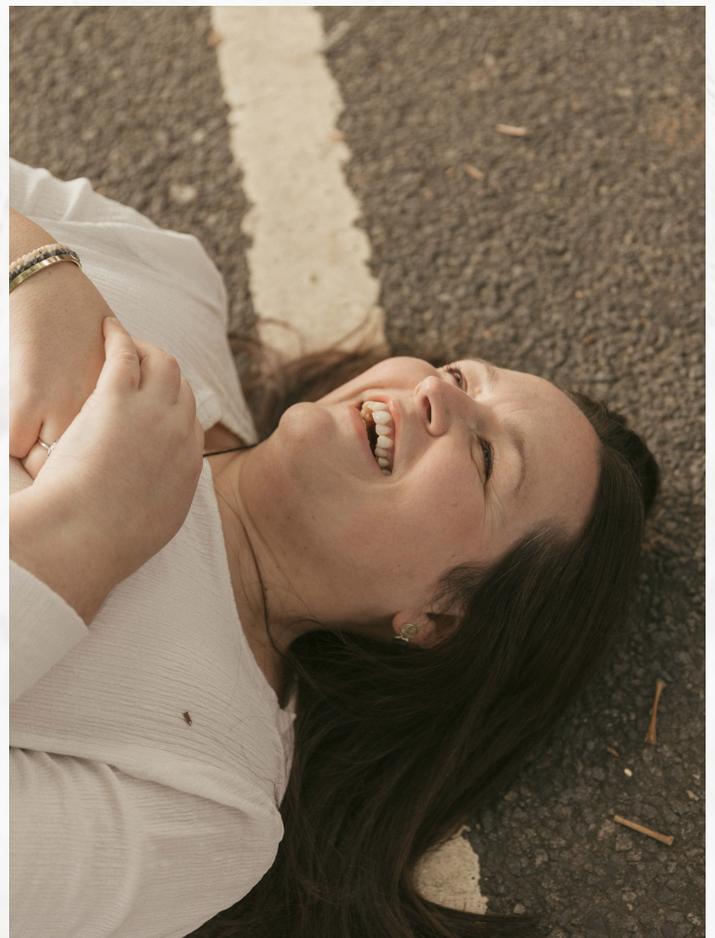
If you want to find out, it's time to ask yourself the hard questions - yup, the ones that require more thought and effort... the ones you tend to avoid.

- Which of your personality traits are you most proud of?
- What's one thing that can instantly make your day better?
- How do you enjoy spending your alone time?
- If you could relive one moment in your life, which would it be?
- What do people misunderstand about you?
- What should you change about yourself or your life but haven't?
- What are the benefits to you from not changing these things?
- What's something you're afraid is true about yourself? Why does it make you afraid?
- If I could do anything, and time or money wasn't an issue, what would it be?

Some of the answers might come easily to you, others may not but part of learning who you are is in spending time with yourself.

Give yourself permission to do this.

If a question really stumps you, leave it, go back to it. I recommend that you go back to them all and truly reflect on your answers. Consider why you answered what you did. Is it still relevant 1 week, 6 weeks, 6 months later? Why, why not?



Make lists.

One I really love is writing “I am...” statements - it’s easy and feels quite cathartic and after a few attempts with prompts (e.g. “I am a blonde...”), I’ve found some real lightbulb moments, especially in the things that just aren’t true (I once wrote “I am a terrible wife” and I’m not, I’m actually quite independent and have a perspective that differs from the image of a “wife.”)

Keep a journal.

It’s a great way to make time for yourself and there are some lovely ones with prompts or poetry to get you started.

I recently saw a lovely memory journal - with a short space for recording something each day. It might seem naff or a bit woo woo but if you write down your thoughts and feelings at some point every day, you’ll start to gain clarity over what is important and what is not.

Gaining clarity is really the first step to working out who you are and therefore deciding what is too personal; if you don’t have clarity over the problem you’re trying to solve, it’s virtually impossible to work through it.

Working out who you are won’t happen overnight and even when you have better clarity, it doesn’t mean your revelations will magically fix things. Part of understanding yourself is progress and you will change over time. The values you held at 20 won’t necessarily be the ones you hold at 30. It’s more important that you gain why you hold one value over another, or why you choose to do X instead of Y.

The whole purpose of taking the time to “know thyself” is to enable yourself to set boundaries for how you live your life. If you haven’t worked out who you are, you may find that your boundaries shift and blur which can lead to confusion, overwhelm and invisibility as you hide the unique parts of yourself to protect the private areas that you’d rather not share with your audience.

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