



FREE  
CHECK  
LIST

*The*  
CONFIDENCE  
AND  
VISIBILITY  
CHECKLIST

SPEAK ABOUT THE THINGS YOU CARE  
ABOUT, SHOW YOUR FACE ONLINE  
AND STEP UP AS THE UNIQUE,  
SOUGHT AFTER EXPERT YOU ARE.

[WWW.HAYLEYMERRICK.COM](http://WWW.HAYLEYMERRICK.COM)



## VISIBILITY CHEAT SHEET

# Feel Calm & Confident

Speak about the things you care about, show your face online and step up as the unique, sought after expert you are.



- Confidence is a skill that can be learnt like any other. Take one small step each day to be more visible in your business.



- Take care of yourself, physically and mentally. This will help you to feel more confident.



- Set small confidence goals, every achievement will help you to feel more confident in yourself.



## VISIBILITY CHEAT SHEET

# Feel Calm & Confident

Download the calming self-care bundle  
including hypnotherapy recording  
[www.hayleymerrick.com/links](http://www.hayleymerrick.com/links)



- Practice calming techniques such as listening to visualisations, deep breathing, or self-hypnosis.  
Download my free self-care bundle.



- Examine the beliefs that stop you posting your face, are they really true? Ask a friend or coach for an outside opinion.



- Find a place where you feel comfortable to practice going live. You can even create a group with no one in it to practice.



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- Offer yourself as an unpaid guest expert in groups. Create slides in Canva or Powerpoint to keep you on track.



- Plan ahead of photographs and videos for your business. Don't feel you have to just "jump on a quick live" Preparation is key.



- Set boundaries around anyone who speaks negatively about you, puts you down or makes you feel unsure of yourself.



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- Work on reducing your expectations on yourself. Expecting perfection is impossible. Done is better than doing nothing.



- Watch what you say to yourself. Remind yourself to say positive, supportive things. Encourage yourself with small steps as you would a child.



- Expect to feel more confident. Visualise yourself doing whatever it is that you need to do and feeling good afterwards.





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- Don't compare yourself to others. You are unique & wonderful. Be your own competition.



- Practice self-love and acceptance alongside your confidence journey.



- Your message is important. Perfection is impossible, so go easy on yourself. Record and post without watching back if you are self-critical.

# HAYLEY MERRICK

Accredited Hypnotherapist & Coach



## Next Steps & Additional Support

Hey, I'm Hayley, I coach heart-led business owners to gain calm, clarity, be visible & shine their brightest online



After working with me, you'll be able to confidently and clearly communicate your message, speak about the things you care about, show your face online and step up as the unique, sought after expert you are.

You'll feel confident to raise your prices, create the freedom you've been dreaming of & replace your previous income.

Message me to book a free 30 minute clarity call.

Specialist areas:

Confidence, Self-Worth and Managing Stress for Business Success.

## Align & Flow Membership

Join us to feel more ease, flow and alignment. Create more balance between life and work.

Truly step into your purpose, shift stagnant energy and feel aligned and fulfilled.

Improve your focus, mindset, mood, sleep and ability to relax and switch off.

Take aligned action and network with likeminded business owners to grow your business.

Reduce stress and support your wellbeing.

[JOIN NOW](#)