



Be The Sequoia Coaching, LLC

The Visibility Compass

A February Reflection Tool



5 Minutes of Authenticity
with Pritha

Reflections of A Life Coach





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What is a Visibility Compass?

The Visibility Compass maps where we are on our **inner journey of being seen**. This journey is not public, but one we make within ourselves.

This tool

- helps us understand why being seen feels hard or why we try to hide
- what part of us is speaking to the world and what is not
- what aspects of ourselves can we authentically express without force or self betrayal



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Now You See Me, Now you Don't

The Hidden Self



The Masked Self



The Aligned Self



The Emerging Self





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THE HIDDEN SELF



“I’m not ready to be seen.”

People here feel:

- “If I speak, I’ll be misunderstood.”
- “If I show myself, I’ll be judged.”
- “It’s safer to stay small.”

**This protective space honors
survival, not avoidance.**



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THE MASKED SELF



“I’m visible, but not as myself.”

People here feel:

- “I know how to show up, but it’s not the real me.”
- “I’m visible, but I’m not seen.”
- “I’m exhausted from holding the mask.”
- This quadrant reflects strategies that once protected but now limit.

This is curated visibility — performing confidence, meeting expectations, showing the “acceptable” version.



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THE EMERGING SELF



“I’m learning to be seen as I am.”

People here feel:

- “I’m experimenting with my true voice.”
- “I’m scared, but I’m trying.”
- “I’m shedding old narratives.”

This quadrant is a happy middle ground about practice, not perfection.



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THE ALIGNED SELF



“I am seen because I am myself.”

People here feel:

- “My presence is enough.”
- “I speak from truth, not fear.”
- “I trust myself to be seen.”

This is not a permanent state — it’s a place we return to again and again.



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STAY CONNECTED

Tap Below to Listen to more on
Courage to Be Seen



**5 Minutes of Authenticity
with Pritha**

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Email: Pritha.Lal@BeTheSequoia.com