

8 Rules for Staying Visible Without Burining Out

**Getting
seen is
only half
the battle.
This is the
other half.**





Change what “visible” means



Don't confuse airtime
with influence.



Show what changed
because you were in
the room.



2

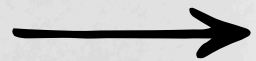
Watch the optics



Don't wing high-stakes moments.



Prep like you're on stage. Because you are.



3

Make your wins obvious



Don't let your success blend in.



Say: "Closed 3 deals – Here's what worked."





Protect your best hours



Don't spend your brainpower on fire drills.



Guard your calendar like it's your budget.





Save your receipts



Don't hope people remember.



Keep a brag file: praise, proof, performance.



6

Shape your story



Don't let others decide your brand.



Own the narrative before someone else writes it.





Say “no” like a leader



Don't take on stray projects out of guilt.



Ask: Will this raise my profile or just my blood pressure?



8

Build trust early



Don't wait until you need help to earn it.



Cultivate relationship capital with those who'd vouch for you – without being asked.





You earned the spotlight

Now protect your
energy like it's part
of the job.

Because it is.



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