

## **Worksheet: The Art of Discernment**

<b>Exploring Your Comfort Zones:</b> Think of a meaningful personal story you might share professionally. What parts of this story make you pause and think, "Should I really say this?" What specifically worries you about sharing those details?



<b>Audience Awareness:</b> Consider different professional settings: casual team talk, formal presentation, job interview, one-on-one with a customer or with a manager. How does your comfort level with authentic sharing shift across these scenarios? What feels appropriate for each?



Learning from Others: Recall a time when someone shared something personal in a work setting that truly resonated with you. What made their sharing feel appropriate rather than awkward? How did it change your view of them?	
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<b>Finding Your Practice People:</b> Who in your life could you safely practice vulnerable stories with? What would help you feel emotionally ready to share a meaningful story more widely?	



Creating Your Guidelines: What's your personal boundary between	
authentic sharing and oversharing in professional settings? How can you	
tell when you're ready to share something versus when you need more	
time to process it?	