

5-Day VISIBILITY Challenge

BECOME SEEN. BECOME KNOWN. BECOME BOOKED.



SHOW UP
confidently



BUILD YOUR BRAND
with clarity



GROW YOUR BUSINESS
consistently



Workbook ♥

SHOW UP CONSISTENTLY.
BUILD YOUR BRAND.
GROW YOUR BUSINESS.

Welcome

HELLO, I'M MARTINE

I am so excited you are here. This challenge was created for the woman who knows she has something powerful to offer the world — but struggles with showing up consistently, confidently, and visibly online.



Over the next 5 days, you are going to learn how to:

- Build confidence showing up online
- Clarify your message and brand
- Create engaging content consistently
- Increase your visibility and audience growth
- Position yourself as the expert
- Build momentum in your business

Most entrepreneurs are not invisible because they are untalented.

They are invisible because:

- They overthink
- They wait for perfection
- They doubt themselves
- They hide their voice
- They are inconsistent

This challenge is designed to help you break those habits and finally become visible in your business.

Welcome

Inside this workbook, you'll find:

- ✓ Daily lessons
- ✓ Visibility exercises
- ✓ Content prompts
- ✓ Reflection questions
- ✓ Homework assignments
- ✓ Action steps to help you grow

The goal is not perfection.

The goal is ACTION.

Because visibility creates:

- Opportunities
- Confidence
- Community
- Clients
- Growth

I want you to fully commit to these 5 days.

Show up.

Participate.

Post the content.

Engage with the community.

Challenge yourself to be seen.

You deserve to build a business people recognize, remember, and support.

And remember:

Confidence is built through consistency.

Let's grow together.



Martine Alphonse
Founder of Rising Women network

PRE-CHALLENGE VISIBILITY QUIZ

Before We Begin take a few minutes to reflect honestly on where you currently are in your visibility journey.

This quiz will help you:

- Identify what's holding you back
- Measure your current visibility habits
- Track your growth throughout the challenge

There are no right or wrong answers. Just answer honestly.

1. How confident do you currently feel showing up online?



Very confident



Somewhat confident



Not Very confident

2. How often do you currently post content for your business?



Daily



Occasionally



Rarely

3. What is your BIGGEST struggle with visibility right now?



Fear of judgment



Lack of consistency



Other

4. Which type of content feels MOST uncomfortable for you?



Selling/promoting offers



Personal storytelling



Educational content

5. What would becoming more visible help you achieve?



More followers



More clients/customers



Brand recognition

6. What is ONE major goal you want to achieve during this 5-Day Visibility Challenge?

VISIBILITY DECLARATION

Complete this sentence:

During this challenge, I am committed to becoming a woman who...

Five Days

Challenge Schedule

DAY 1 — VISIBILITY STARTS WITH CLARITY

Most women are inconsistent online because their messaging is unclear.

DAY 2 — STOP HIDING & START SHOWING UP

Visibility requires courage before confidence.

DAY 3 — CREATE CONTENT PEOPLE REMEMBER

Memorable content creates authority.

DAY 4 — VISIBILITY THAT BUILDS COMMUNITY

Engagement matters more than vanity metrics.

DAY 5 — TURN VISIBILITY INTO GROWTH

Visibility should lead to opportunities, leads, and sales.

DAY ONE

Visibility Starts With Clarity

LESSON FOCUS

Most women are inconsistent online because their messaging is unclear.

Today you will:

- Clarify who they help
- Define their message
- Simplify their brand positioning

HOMEWORK

- Write your brand statement**
- Update Instagram bio**
- Introduce yourself publicly**
- Post a face photo or Reel**

What business are you building and who do you help?

DAY TWO

Stop Hiding & Start Showing Up

LESSON FOCUS

Visibility requires courage before confidence.

Learn:

- Confidence comes AFTER action
- People buy from people they recognize
- Imperfect visibility beats invisible perfection

HOMEWORK

- Post a face-to-camera video**
- Share your business story**
- Post 3 Instagram Stories today**

What fear has been stopping you from showing up consistently?

DAY THREE

Create Content People Remember

LESSON FOCUS

Memorable content creates authority.

Learn:

- Educational content builds trust
- Storytelling builds connection
- Consistency builds recognition

HOMEWORK

- 1 educational Reel
- 1 carousel post
- 1 CTA post

What type of content feels easiest for you to create?

DAY FOUR

Visibility That Builds Community



LESSON FOCUS

Engagement matters more than vanity metrics.

Learn:

- Community creates loyal buyers
- Conversations increase reach
- Small audiences can create big income

HOMEWORK

- Reply to every comment today**
- Engage with 10 accounts**
- Create a poll or question box**
- Start one conversation in DMs**

What's one thing you want your audience to be known for?

DAY FIVE

Turn Visibility Into Growth

LESSON FOCUS

Visibility should lead to opportunities, leads, and sales.

Learn:

- Visibility creates trust
- Trust creates sales
- Consistency creates momentum

HOMEWORK

- Share your offer publicly**
- Invite people to work with you**
- Post your biggest challenge takeaway**
- Set a 30-day visibility goal**

What's one visibility habit you're committed to continuing?

VISIBILITY CHALLENGE REFLECTION QUESTIONS

QUESTION 1

What is one thing you've been hiding because of fear or self-doubt?

QUESTION 2

If you showed up consistently online for the next 90 days, how could your business change?

QUESTION 3

What message do you want people to remember about you and your business?

QUESTION 4

What type of content makes you feel the MOST confident and authentic?

QUESTION 5

What is one visibility habit you are committed to improving after this challenge?

5 Day Visibility Challenge Tracker

	Date	Tasks	Done
01			<input type="checkbox"/>
02			<input type="checkbox"/>
03			<input type="checkbox"/>
04			<input type="checkbox"/>
05			<input type="checkbox"/>

Brain Dump

Now Let's Keep Growing Together!

Visibility is powerful. But momentum, strategy, and community are what take your business to the next level.

THAT'S WHERE **RISING WOMEN** **NETWORK** *comes in.*

We are a membership community for
FEMALE ENTREPRENEURS
who are ready to build wildly
successful businesses.



INSIDE THE MEMBERSHIP, YOU GET:

-  **A COMMUNITY**
of supportive, like-minded women
-  **MONTHLY TRAININGS**
to grow your brand, business & confidence
-  **STRATEGY & RESOURCES**
that save you time and drive results
-  **ACCOUNTABILITY**
to help you stay consistent and focused
-  **VISIBILITY & OPPORTUNITIES**
to connect, collaborate and be seen

*Your visibility is just the beginning.
Your breakthrough happens in community.* 



JOIN NOW



JOIN NOW AT
risingwomennetwork.com

COME GROW.
BE SEEN.
GET SUPPORTED.
RISE TOGETHER.





Work With Me

Ready to Stop Building Your Business Alone?

You've already taken the first step by investing in your visibility and growth through this challenge.

Now imagine what could happen with:

- Ongoing support
- Real strategy
- Accountability
- Content support
- Coaching and encouragement from someone who truly understand the journey

[Work With Me](#)