

Quiet Confidence BRAND Builder

Use this worksheet to reflect on your personal B.R.A.N.D. and design a networking approach that honors your introverted strengths.

B – Beliefs

- What values or principles guide your work?

- What strengths make you most effective?

- What are you passionate about sharing with others?

R – Representation

- Where do you naturally shine (online, one-on-one, written communication)?

- How can you show up consistently in those spaces?

A – Autonomy

- How can you structure your schedule to balance visibility and recharge?

- What boundaries help you protect your focus and energy?



N – Network

- Who are your top 5 meaningful connections?

- How can you deepen one of those relationships this month?

D – Differentiate

- What do people say about you when you're not in the room?

- What consistent message do you want your brand to communicate?

My Brand Statement

In one sentence, describe what do and how you want others to experience your brand:

My Networking Energy Plan

List 2–3 actions you can take to grow your brand intentionally and sustainably this month:
