



# THE INTROVERT'S WORKSHEET

FOR CONQUERING SOCIAL MEDIA

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# Introverts and Social Media

*"Another characteristic of human nature – perhaps the one that makes us most human – is our capacity to do the unnatural, to transcend and hence transform our own nature."*

— M. Scott Peck

## Social Media is hard for introverts!

Yet it does not need to remain that way.

**This is not a guide on how to excel in the different platforms by applying technical tips and tricks. There are loads of those out there, and really awesome people to follow.**

This is about your own inner head talk.

Because it is the head talk that keeps us from showing up fully. This is what I had to struggle with too, before I could publish a book, tell my story, do videos and be real. As an extremely shy extrovert I had to go through every new challenge of opening up more, before I learned the most important tips, tricks and shortcuts to being more natural out there.

## Social media is about connection first.

The relationships you build is more important than giving value.

Giving value and not being salesy is hugely important, but if you want people to *trust you* enough to follow you, *buy your products* and *sign on the dotted line*, you have to learn extrovert skills in order to survive and thrive in the social media world.

So this is what we are going to action here: We are going to take the *shortcut to building relationships* by working through the exercises on the following pages.

- Own it!
- Learn How to Be Real
- Identify the Connection Creating Behaviours

# Introvert or Extrovert?

## The Easiest Way to Differentiate:

Introverts gets recharged by being alone  
and

Extroverts gets recharged by being social.

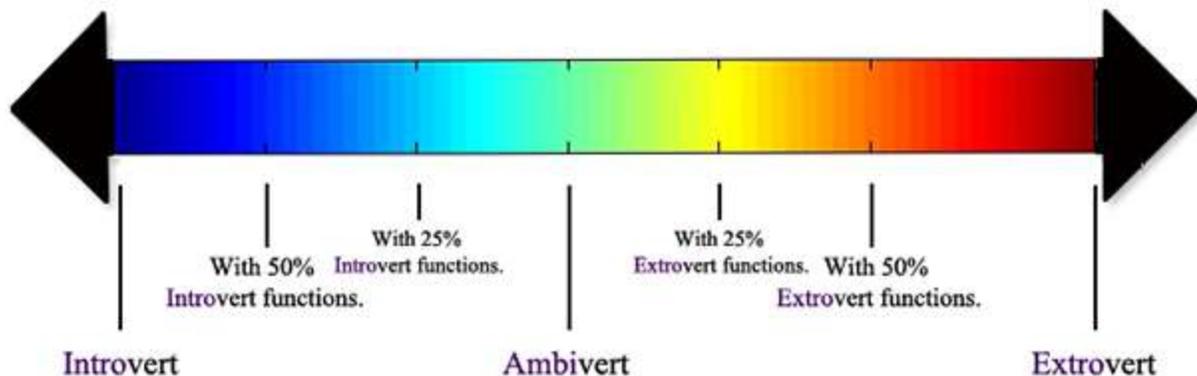
This of course means than Introverts actually *need* quiet and solitude in order to thrive, and Extroverts *have to* feed themselves with human interaction.

There are many variations on the scale. It is not an either/or situation. we can fit in anywhere on the spexctrum.

We can also change as we grow as human beings and become more confident to become Extroverted Introverts.

Below is an image (credit to Wiki commons) of the Introvert/Extrovert Spectrum

## Ambivert Personality Continuum Scale



LonerWolf.com

### Exercise 1.

Determine for yourself whereabouts you fall on the spectrum.

Look at the following Infographic (from PositivePhycology.com) to help you notice your natural preferences.

I am an \_\_\_\_\_  
I owe it to myself to recharge by \_\_\_\_\_

# Introvert or Extrovert?

**CHARACTERISTICS OF INTROVERTS & EXTROVERTS**

<b>INTROVERTS</b>	<b>EXTROVERTS</b>
Recharge by spending time alone.	Recharge by socializing.
Reflect before making decisions	Make decisions quickly
Listen more.	Speak more.
Enjoy one on one conversations.	
	Outgoing.
Introspective.	Easily distracted.
Self-aware.	Action-oriented.
Think before acting.	
	Gregarious & expressive.
Learn through observation.	Excellent communicators.
More sociable with people they know.	Enjoys being the center of attention.

THE POSITIVE PSYCHOLOGY PROGRAM

# Introvert or Shy?

Truly a very valid question!

I moved from being terminally shy to being an Extroverted Introvert as I become a confident person.

The characteristics of a shy person is after all, exactly the same.

You could remain an introvert - nothing wrong with being one - but learn to not be shy!

And maybe you labelled yourself as an introvert, but in reality you need a self-esteem injection. (Use question 1 to determine your true nature)

## Some ridiculously successful introverts to inspire you!

Albert Einstein. Bill Gates. Michael Jordan. Eleanor Roosevelt. Elon Musk. Emma Watson. J.K. Rowling. Rosa Parks. Meryl Streep. Warren Buffet. Mahatma Ghandhi. Elon Musk... and many, many more!



**Now... What does an introvert do to survive and thrive in the very public social media world?**

**We need to act as if we are introverts, but retain all our best introvert characteristics.**

**That gives us a big advantage as you will see from the following exercise!**

# OUR BEST QUALITIES exercise

## Our Best Qualities

**Enjoy alone time instead of feeling lonely during it .**

**Less distractions so focus on tasks with full attention.**

**Used to handling situations independently and responsibly.**

**Not many friendships, yet they're deeper, long-term friendships. They are very loyal relationships and the loss of one is enormous.**

**Very good listeners and very supportive as well.**

**Good at indirect communication, like texting and email instead of a phone call. These are excellent for clarity and accountability.**

**Seem unflappable, calm and in control. Very good in a crises.**

**Really good at building one-on-one relationships. Quality relationships always rewards us.**

**Carefully consider their next move and think about it before they act or speak. It creates less friction and prevents unnecessary mistakes.**

## Adjustment Needed:

**Just add balance in so the alone times are not too long.**

**We get so caught up in what we do that we forget about sharing it. Share!**

**Ask for help. It won't kill you. A team is better than one person.**

**Add more friends. Having only one best friend is too much on that person. Everyone can do with more connection**

**Talk more! One person at a time. Your particular talents are needed.**

**Communication in person creates opportunities for creating connection with voice and body language and observing the listeners response. Quick adjustment is possible.**

**Ask for help. A joined effort is an opportunity to collaborate. People like it when you seek their expertise.**

**The more relationship you have, the more support you have. Build one new one at a time. It becomes easier!**

**Too little spontaneity restricts us from using opportunities. Being more ready to jump at opportunities opens many chances at furthering our objectives.**

# Action Plan

## Extroverted Introvert Behaviors Planner

We cannot alter our base personality.  
But we can greatly improve our behaviors and outlook.  
Sometimes we need to push through the fears holding us back in order to realize that it has always been an unnecessary and limiting belief.  
Every time we conquer one of our limiting behaviors we build a platform for more success.

**1. Own it!** Everyone has a unique quality and skill set to bring to the world. When we don't because we compare ourselves, because feel we are not worthy or because think we have no right, we deprive the very people who needs our unique contribution.  
But more importantly, we have to mentally own who we are and what we offer in order to sell it with confidence.  
Confidence attracts people to us, it creates trust and it creates opportunities as people are naturally drawn to working with a confident person.

Which parts of myself do I hide? How would I act if I liked every part of who I am?

What beliefs about my right to being an expert do I have? How would I act if I believed that my product is not only needed, but essential?

Who will benefit if I showed up fully, believed in myself, got over my fears of exposure and made sure that my product gets out there?

# Action Plan

**2. Being Real.** It is probably the biggest missing piece for entrepreneurs venturing out into the social media mega-sphere.

When you are an introvert your social skills are not spontaneous and not well developed.

We hold back. We watch. We act like we think we should. We try to fit in.

And that is our biggest mistake.

Our own distinct likes and dislikes, our viewpoints, our interests and our expertise make up one particular human being. A unique, interesting human being - if we are being ourselves! When we are just a carbon copy of who we think we should be, we are just a tiny speck in an ocean of sameness. Our followers are not really ours, but the followers of the image we tried to create.

When we celebrate and share our unique points, we become a brand of our own.

There is nothing that attracts YOUR tribe more than *you being you!*

What am I not showing the world? How can I change that?

List your unique abilities and characteristics with an action plan of how you can share that with the world.

Who is the real and unique people you admire? what makes them stand out to you?

What makes you different - your Unique Selling Point. If it is your pain or your journey or a skill or a training... Find your USP:

# Action Plan

## 3. Practical stuff - Connection Creating Behaviors:

In order to build connections, we not only have to portray our lives as they are, but we also have to be genuinely interested in other people!

Now what if you shoot yourself in the foot by saying stuff like "I prefer cats to people" or "I don't like people because they are generally..."

Introverts, especially shy ones, pick up a lot of language to justify why we should not break our habits and be sociable. So first we have to drop our negative language, and secondly we have to *become genuinely interested* in people.

Once we open up to people and become interested in who they are, their likes and passtimes, we find out that they are people just like us, and just as worried about judgment, how they look, if someone will like them, and if they are worthy.

Identify the Social Media that is a fit for you. They are not all the same, and depending on where your audience hangs out, select your chosen ones. But spend the most time where you feel at home when you are yourself!

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Decide how much time you want to spend on it and connect with one new person daily by not only liking, but making thoughtful remarks, sharing and tagging. Where can I be of assistance first?

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Identify the skills you need to get comfortable with, video and going live, and then research, follow the thought leaders, and jump in and start doing it. The more you do it, the more natural you become. And *natural* is the aim. Not doing it like someone else!

I am starting (or doing more)...

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# I would love to get to know you!

## **Free 4 day Messenger Self-Worth Challenge** **"Find your voice, Step into your power"**

**Day 1 - Celebrate my worth**

**Day 2 - Find my voice**

**Day 3 - Define my wants and needs**

**Day 4 - Step into my own power**

**4 x 30 minutes Messenger Live Calls**

**Worksheets**

**Exercises**

**Slides**

**Complimentary 30 minute one-on-one to define your core strategy**

[\*\*Learn more\*\*](#)

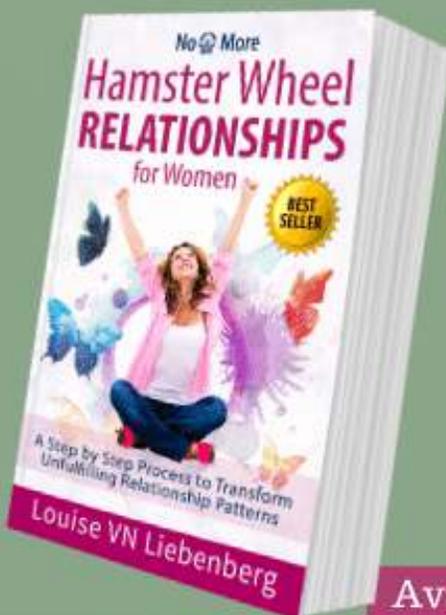


**More free resources for you  
on the website**

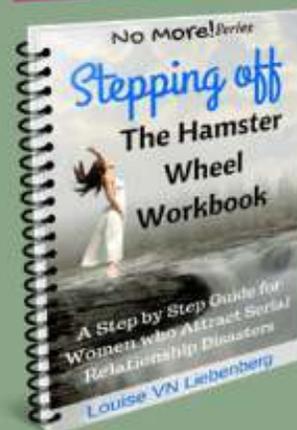
# About the author

Louise is an international bestselling author and transformational coach who is also a professional stained glass and ceramic artist. She loves taking long road trips with her husband, exploring new places on her motorbike. At home she likes nothing better than writing her next book with three cats curled up on her legs. As your “Fearless Magnificence Coach” she believes in your ability to shine, overcome and transform your life and relationships.

She hates social media but spends her time wisely on most and with total abandon on Instagram!



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