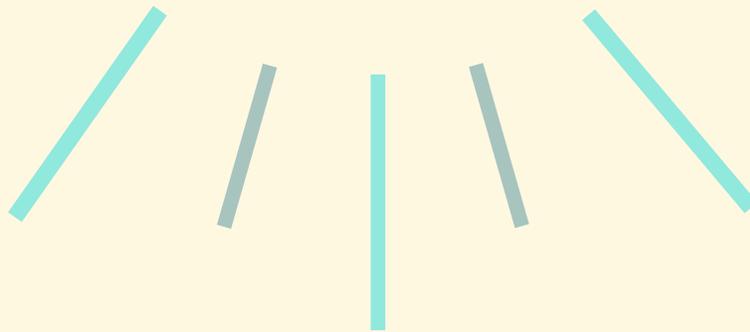


*Look, Stop Hiding!*  
*No more dimming your*  
*light!*

**by: Dr. Kristen Guillory**



# Dangers of Dimming Your Light

Did you know that there are dangers to dimming your light?

Review some dangers from Dr. Guillory's book, *Look, Stop Hiding, How to Find Your Voice, and Ever Dim Your Light Again!*

- **Toxic thoughts:** Earlier in the book, I mentioned toxic thoughts. Toxic thoughts are negative thoughts that come from adopting the negative opinions of others, negative self-talk, and self-defeating thoughts. If you do not address these thoughts by journaling, counseling, or talking about them aloud to the Lord or a trusted friend, they will grow into potentially harmful outcomes. If you believe that you are not enough or your story is not valuable, imagine how that thought can grow and how it might manifest itself.
- **Mental health burden:** Hiding who you are is extremely taxing on your mental health. You are essentially going against everything your mind is telling you to do and be. Yet, you box yourself in to fit in. If you have ever code-switched and did it all day, you probably found yourself tired after work, wanting to lounge at the end of the day. Why is this? Because you have had to exert more energy all day long. Nothing is wrong with you. You are exhausted from trying to be someone you are not. Imagine the toll on your mental and physical health if this has taken place for years. Remember, nothing is wrong with you. You are exhausted. You need rest. You need support. You need to walk in freedom.

# Dangers of Dimming Your Light

Additional dangers

- Forgetting about yourself: Your life might become one where you want to please others and forget about yourself. You could look up one day and say, “What am I doing? Why am I doing this? Who am I? You might look up one day and discover that you have created a life based on the expectations of others.
- Lack of joy: You might experience a lack of joy or happiness and, in extreme cases, depression. Please seek counseling if this is you.
- All those talents and gifts will go to waste. You were given your personality for a reason. You were given those gifts, talents, and desires for a reason.

Can you relate to any of these?

# Benefits of Showing up as who you are!

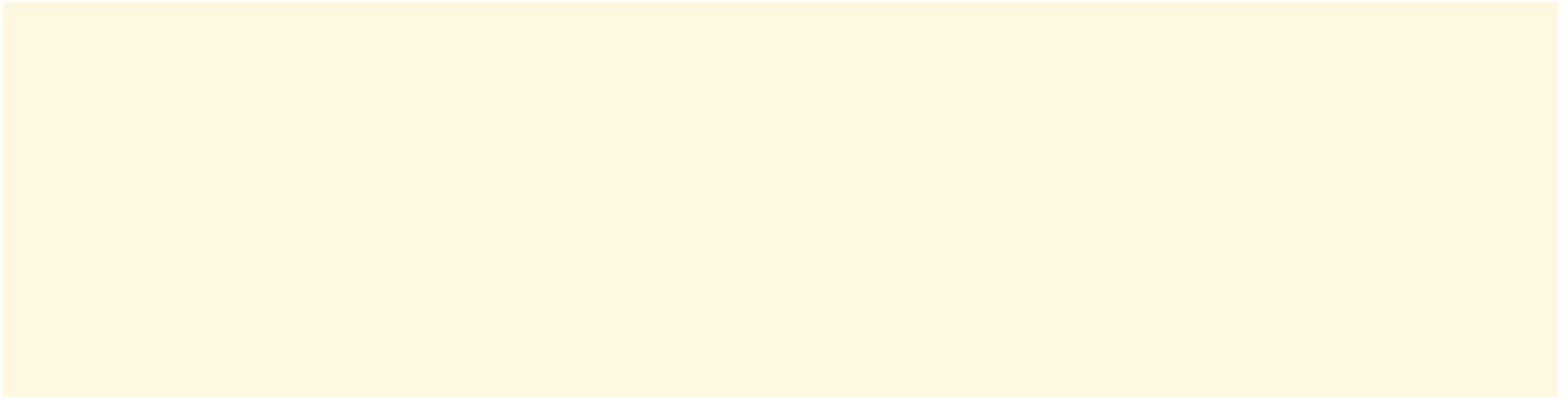
- You will walk in freedom. Freedom! Sit in that for a minute. What would that feel like? How would that be for you?
- You will experience increased joy and happiness. How are your joy and happiness these days? It will increase as you do the work to shine!
- You will experience increased productivity because you are not using additional energy to hide your true self. Imagine that! What if you were able to be 10% more productive? What would you do? What about 20% more productive?
- You will not care as much about the opinions of others because you will know that you are where you are supposed to be. When you are clear on who you are, not too many things will make you waver. How would that feel to no longer care what other people think?
- Your overall mental health will improve. Come on, mental health! Mental exhaustion is far more taxing than physical exhaustion. Your mental health is important and should be a priority!

# No More Dimming Your Light

Take a moment to answer each of the questions

*What parts of your desires have you dimmed?*

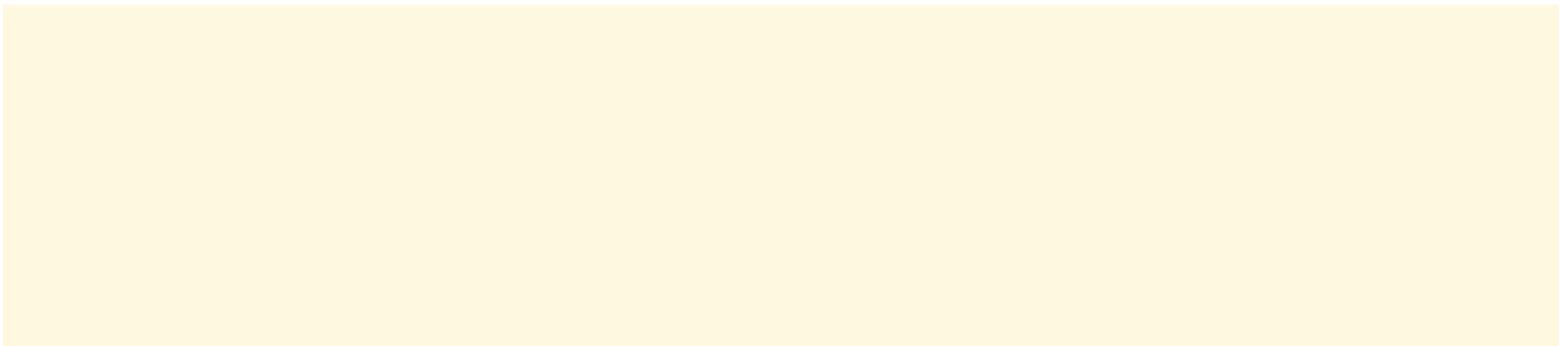
*What parts of your personality have you dimmed?*



*Leaning into ease is also leaning into who you are.*

*What parts of you would you like to easily lean?*

*-personality, humor, likes, aspirations, being an introvert, extrovert, lover of travel, etc*



# No More Dimming Your Light

*What might things look like for you if you no longer dimmed who you are and your desires?*

*How would it feel if you showed up as who you are and no longer hid?*

*If you are afraid to show up as who you are, what are you afraid of? Really, think about the actual fear. What is it you are really afraid of? And then create an affirmation or prayer to help reframe this fear*

# *No longer dimming who you are and your desires*

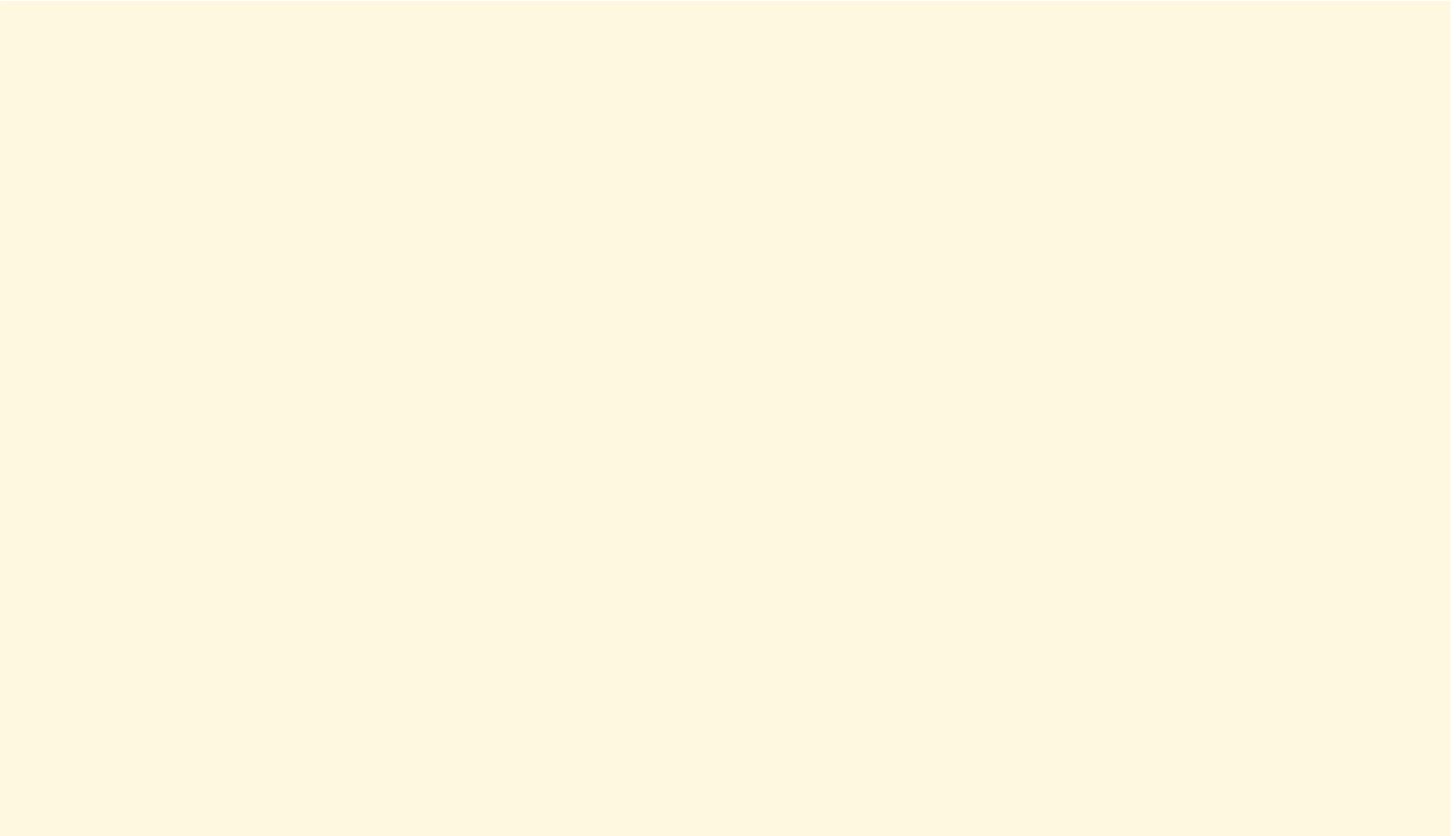
*What might things look like for you if you no longer dimmed who you are and your desires?*

*How might this impact your friends, children, nieces, nephews, mentees, godchildren, grandchildren? Meaning if they saw you leaning into the ease of who you are, not dimming your desires, no longer normalizing difficulty. Really take some time to reflect on this.*

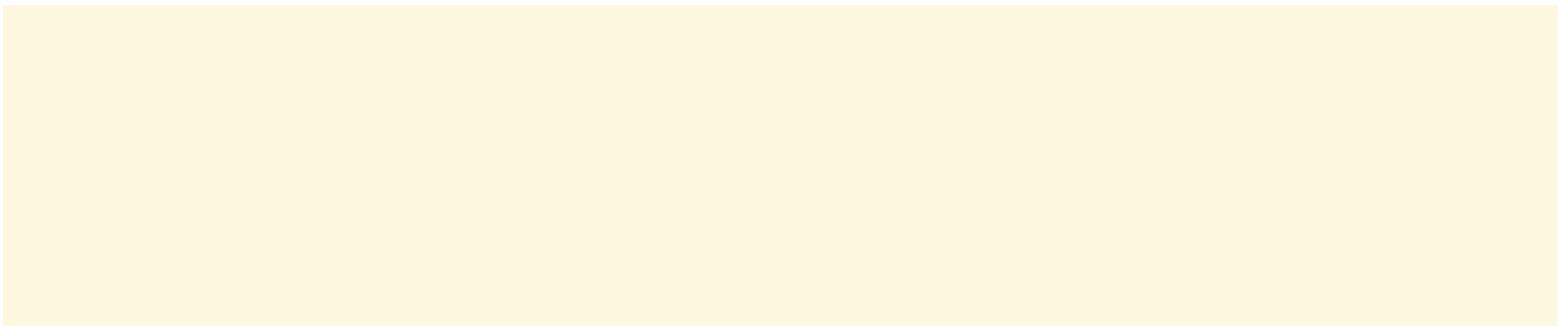
# Surrendering

*What do you need to surrender in terms of being who you are, leaning into your desires, leaning into ease, etc.*

*Write them all down.*



*Now, what do you need to do to lean into who you are and your desires?*



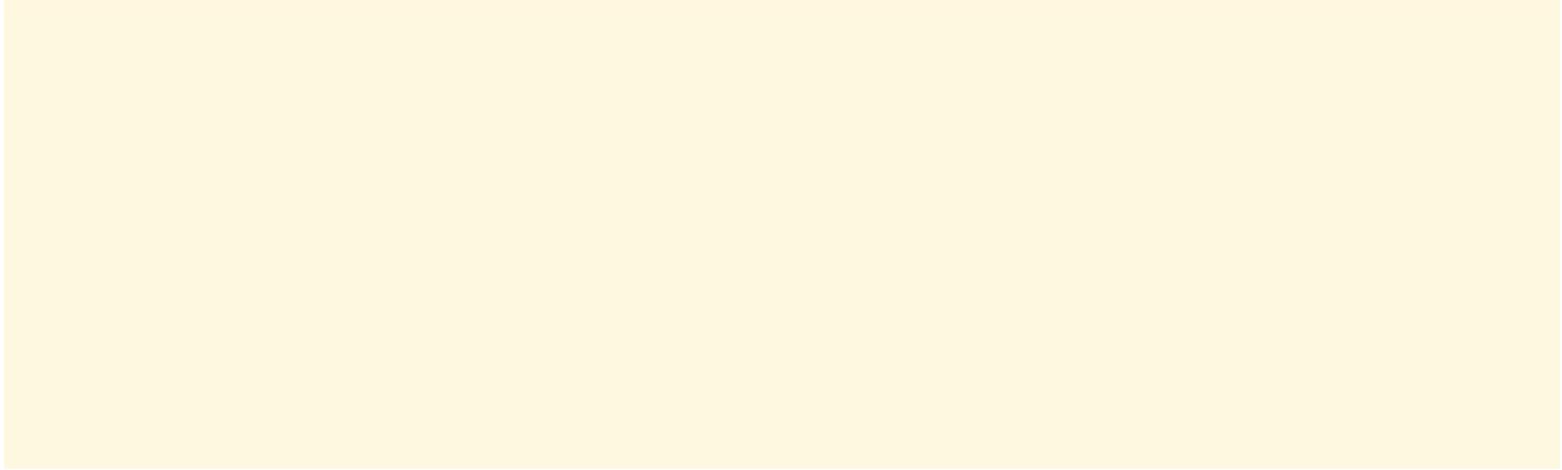
# Normalizing Joy!

*What does joy mean to you? How can you incorporate more joy into your life?*

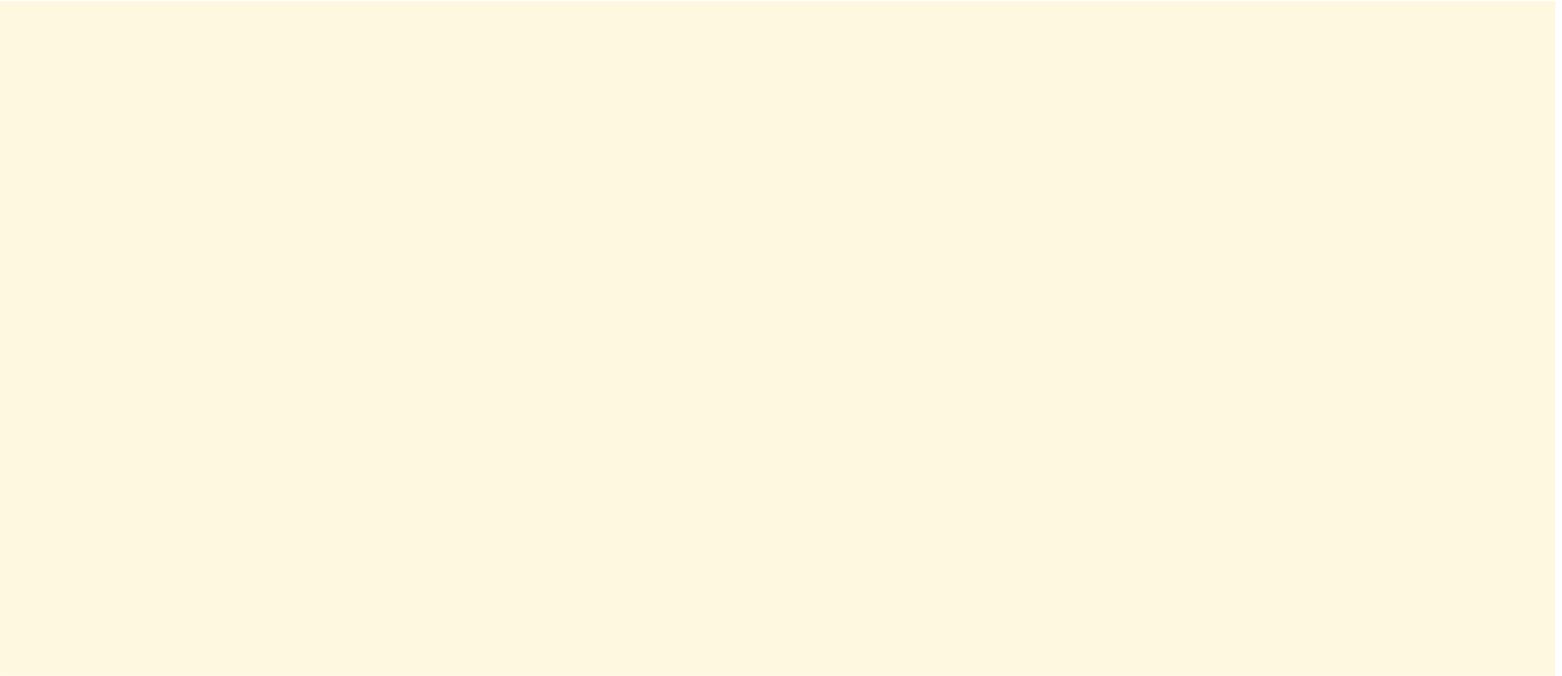
*What do you no longer want to normalize? And what do you want to normalize?*

# Prayer and Plan

*What is your plan for your journey of showing up as who you are? Write the first 3 steps you can take THIS WEEK!*



*What is your prayer?*



# Stay in Contact!!

Remember, If your Light is too bright,  
they can put n sunglasses!!

If you have any questions, please reach out at  
drg@kristenguillory.com or send me a DM  
@drkristenguillory on IG

Interested in my new book- Look, Stop Hiding, How to Find Your  
Voice ad Never Dim Your Light again?-- Visit [HERE](#) to get it and  
some extra goodies!!!

## JOIN MY VIP LIST!!!

*If you want to be notified FIRST to learn more details and get first  
access to the Lool, Stop Hiding + Leaning into Ease + Setting Life Up  
as a Vacation Retreat on the Beach in 2022, add your name to the  
VIP list [HERE](#).*

*Dr. Guillory*

Follow me at  
IG @drkristenguillory  
FB  
Kristen Guillory

