

How to Live Out Loud as an Introvert With Patience Ogunbona

For introverts, communicating and connecting with others can be quite draining. They prefer to spend their time in the comfort of their circles. But these aren't weaknesses. Introverts are quiet, empathic and deep thinkers. But when they speak, they voice out great ideas that can impact the world.

It can be difficult for an introvert to be an entrepreneur. Building relationships and making connections needs a voice, confidence, and presence — concepts that challenge introverts. In this episode with Patience Ogunbona, she shares tips for introverts to overcome these barriers. In this activity, you can exercise how to permit yourself to be, do and have, be proud but not arrogant and face social situations with confidence.

QUOTE TO REMEMBER

"[I'm fighting for] my ideas to be brought to the table and sometimes that's difficult because you talk last... What's important is that you try it out, otherwise, it actually stays in your head. It stays there as a 'what-if' question."

Activity: Building Presence

There are three things that you need to permit yourself to do. The first is to be introverted. You can do this by acknowledging when your energy is depleted and letting yourself say "no thanks", and leave without feeling horrible.

In your life, what are common situations wherein you find yourself with low energy? Write them down below, and honour your energy levels.

The second is to permit yourself to do things aligned with yourself and your strengths. In the table below, list down your strengths and the things you can do using these to achieve your goals.

Strength	How I Can Harness This
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Many introverts experience imposter syndrome—a feeling of not being good enough and not deserving to be where you are. That’s why the third permission you need to give yourself is permission to have your goals and desires. Allow yourself to be passionate about what you want to reach regardless of what others may think.

What are your goals in the next few years? What do you want to achieve?

Goals

Introverts are independent thinkers. However, you have to find the courage to voice them out. Don't let your ideas go to waste and become a "what-if?"

List down your ideas for projects, businesses, and solutions that you want to bring to the table. Keep these in mind in your next meeting with your colleagues.

Ideas for _____

One thing that can get in the way of giving yourself permission and proposing ideas is the lack of confidence. You can build your confidence by letting yourself do and wear what makes you who you want to be.

One way to get the right attention and build confidence is through colours. What colours do you usually wear? Draw or attach photos of your usual outfit. Below these, write your go-to colours.

My colours: _____

Do these colours give you confidence? If not, think about which ones you can use to boost your spirits.

Confidence colours: _____

Another way to build confidence is to have a plan before facing a difficult social situation. What upcoming event are you anticipating to be challenging for you as an introvert?

Event: _____

Goal: _____

Time (how early you want to be)	
Location (at a table, by the door)	
Icebreakers	
Conversation topics	

Humility can be a good value to have, but it can border into false humility if you keep downplaying your strengths. To counter this trait, practice being proud of your accomplishments.

Achievements

Don't be afraid to let people know that you are happy about what you have done so far. Just remember to approach this in a way that will encourage others to shine brightly as well.

What You Will Learn from the Activity

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As an introvert, it can be a challenge to speak up, be heard and be seen. With Patience's advice, you can overcome the struggles of being introverted. It's not a matter of changing but accepting yourself as you are. This activity will help you permit yourself to be an introvert unapologetically.

First, you will go through exercises that prompt you to reflect on yourself, your strengths, and your goals. This activity will remind you to honour your energy levels, acknowledge your assets, and set your intentions. In doing so, you will practice Patience's advice to be, do, and have more.

Patience shares how she was able to find her confidence through wearing the right colours. In this activity, you will go through your favourite outfits and assess whether or not these are the right ones for you. You will also exercise how to prepare for social interactions such as networking events. As an introvert, planning is critical.

Being an introvert, you probably tend to discount your strengths and downplay your achievements. To reverse this trait, you need constant practice. Remember, shining your light does not dim another person's brightness.