

Sharing YOUR WORK

WITHOUT CRINGING



A WORKSHEET TO HELP YOU
release the fear,
OWN YOUR MESSAGE,
AND SHARE WITH CONFIDENCE.

SHARE YOUR
MESSAGE.
CHANGE LIVES.
START TODAY.

*Your work
was never
meant to stay
hidden.*



CONFIDENT
CREATIVE
COURAGEOUS



CLARIFY



CONFIRM



SHARE

Sharing Your Work Without Cringing

A Worksheet for Promoting What You Made Without Feeling Like You're Bragging

About This Worksheet

You made something worth sharing. A post, an article, a video, a product, a piece of work you put real effort into. The problem is not the work. The problem is that telling people about it feels like bragging, so you mention it once, quietly, and then let it disappear. **Sharing it again is not bragging, it is making sure the work reaches the person who needs it.** This worksheet helps you find the line between self-promotion that feels gross and sharing that simply does its job.

By the end you will have named the sharing actions you avoid, reframed them in a way that fits you, and built a short plan to put one piece of work back in front of the people who would benefit from it. Work through it honestly and in your own words. There are no correct answers here, only the ones that are true for you.

Exercise 1: Name What You Won't Do

Most people who struggle to promote their work avoid a few specific actions while telling themselves a quiet story about why. This exercise gets those into the open.

Check every sharing action below that you tend to skip, soften, or talk yourself out of.

Posting about a piece of work more than once

Pinning my best work to the top of a profile

Telling people directly that I made something

Sending it to a specific person who would find it useful

Mentioning it in a conversation where it would genuinely help

Asking anyone to share it

Linking to my own past work inside new work

Now take the two or three you checked that bother you most. For each one, write the action and the exact reason you give yourself for avoiding it.

Sharing Action I Avoid	The Reason I Tell Myself

Exercise 2: Bragging or Serving?

The difference between bragging and serving is not the action, it is who the action is about. Bragging points attention at you; serving points it at the person who needs what you made.

Use the table to reframe each action you flagged a moment ago. On the left, write what the action feels like when you imagine doing it. On the right, write what it actually does for the person on the receiving end. The first row is filled in as an example.

What It Feels Like	What It Actually Does
Reposting my piece looks like I am desperate for attention	The people who scrolled past it the first time get a second chance to see something useful

When you read the right-hand column back, notice which reframes feel true and which still feel like a stretch. Write down the one that lands hardest for you.

Exercise 3: Your Re–Share Plan

Pick one piece of work you have already made but under–shared, something that already exists and deserves more eyes than it got. Not something you still need to finish.

Write down what it is and who it helps.

A piece of work rarely reaches its audience on the first post. The plan below turns one share into several, spread out so it never feels like shouting. Fill in where you will share it, roughly when, and the specific thing you will say each time.

Where I’ll Share It	When	What I’ll Say

Now pick the first row you can act on this week. Write the single share you will do first and the day you will do it.

--

You're Done: What Comes Next

You started with a piece of work sitting unseen and a quiet belief that sharing it would make you look like you were bragging. You now have a clearer line between promotion that feels gross and sharing that simply does its job, plus a concrete plan to act on. What you wrote here is yours to keep and reuse every time you make something new.

I identified the sharing actions I avoid

I named the story behind the ones that bother me most

I reframed at least one action from bragging to serving

I chose one piece of work to re-share

I know the first share I will do and when

Next Step

Do the first share on your list before this week ends. The reframe only sticks once you have proof that sharing your work helps someone, and that proof comes from doing it.