


Start here 

Think about 3-5 elements that are *uniquely* you.
Things that have a ... "*That's soooo you* " kinda vibe
Make a list—

Maybe it's your favorite drink, morning routine, the way you do your hair....
(Here are some of mine: [My Frenchie](#), [my daily schedule](#)....)

Hint: These are things you are already doing or have. They aren't new things. Don't overthink it.

 They are elements of your life

How can you infuse these into your content?
What would it feel like to start using these things intentionally to connect with your audience?
What kind of conversation will it open up?
What kind of connection will it create?
How does it feel for you to use this intentionally?