



Sheryl Sandberg

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I had the opportunity to hear Author of *Lean In* and COO of Facebook, Sheryl Sandberg speak at the BlogHer 13 conference. You can read my recap of the conference [here](#). The two things I took away from Sheryl's™ interview were:

1. **Ask yourself what would you do if you weren't afraid? Then do it anyway.**
2. **Don't be afraid to ask for what you want.**

As a blogger I'm vulnerable to other people's opinions and share a lot of personal things which can be scary. A few years ago, I decided to face my fears and hit the publish button anyway. Truth be told, my husband hit my first publish button. I kept reading and editing my post. I'm learning and growing and I've had to learn things about social media and computers that I wasn't sure I was capable of. I'm thankful for the help of my website designer Gina at [Ginasis](#) and other bloggers who share their expertise. I'm also extremely grateful for all of my email subscribers, facebook followers and visitors to my blog. I enjoy promoting other people and things that I love, but not very good at promoting myself. I don't want to be that person constantly marketing something. However, I realize if I want my blog's readership to grow I need to do a certain amount of self promotion.

Here's the part where I ask for what I want. If you like something, what I want is for you to share my blog with others who may enjoy reading it. Share a post on facebook or like it, pin something to pinterest or tweet it. I'd also love for you to leave a comment if you've tried a product or recipe I've recommended or if a story resonates with you. On the flip side, if you haven't loved something feel free to comment as well. I would like to work with brands I love in the future and offer giveaways. Brands look to see if people are engaging with a bloggers writing. By sharing my information on social media it also helps me potentially reach more people. Many of you are already doing this and I greatly appreciate it. I know I have several friends though who enjoy my blog, but didn't realize the impact that sharing has for a blog. For those of you old enough, remember the old [Faberge shampoo commercial](#). The tag line was they told two friends and so on, and so on.

I haven't read *Lean In*, but I felt the advice Sheryl shared left the conference room of sleepy women feeling empowered. What would you do if you weren't afraid? I'm not recommending you do anything harmful. I encourage you to take steps now toward whatever your intuition is telling you to do. If your feeling brave leave a comment on what you'd like to do.

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