



Finding Your Voice

Journaling Tasks for Self-Reflection

Use these prompts to explore your thoughts and practice expressing your voice in a safe and private space. Dedicate 10-15 minutes daily or whenever you feel the need to reflect.

- *What does "finding my voice" mean to me?*
- *Write about how you perceive your own voice and what expressing it feels like to you.*
- *What are my biggest fears about speaking up?*
- *Identify specific fears and explore where they might come from. Are they tied to past experiences or current challenges?*
- *When have I successfully spoken up in the past?*
- *Reflect on moments when you expressed yourself effectively. What made it possible? How did it feel?*
- *What are my strengths that can help me speak up?*
- *Use the "Strengths to Help Speak Up" list from the workshop to identify qualities you already have.*
- *How can I practice speaking up in small, safe ways?*

Affirmations to Empower Your Voice

"My thoughts and feelings are valid and deserve to be heard."

"I am confident in expressing my needs and boundaries."

"I can communicate with kindness and assertiveness."

"Each time I speak up, I grow stronger."