

Unmute Your Soul Toolkit

#1 Introduction

Grab your favourite pen and a journal, then complete the introductory questions.

Bring your awareness inside yourself and take a few deep breaths.

Consider these questions:

- In what ways do you feel most expressed in your life?
- How are you able to express yourself at present?
- How does it feel in your body when you talk?
- Does your body or mind lead?
- Are you using your body language?
- What are the circumstances or areas where you typically hold back in expressing yourself? Why?
- Do you feel open, exposed or vulnerable in certain situations when you have to speak up?
- What could you do to step more fully into the power of your personal expression?