

# Unmute Your Soul Toolkit

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## #8 Speak Your Truth

Here are some useful questions and an exercise to help you to connect with your truth.

### Questions to contemplate and journal on

- Write down a list of things you are holding back from telling people you are close to.
- What typically stops you from initiating difficult conversations?
- How was conflict handled in your family?
- What do you need to believe to get better at truth-telling?
- What beliefs do you need to release?
- What is one situation where you are holding back your truth, and why are you doing it?
- When do you shy away from sharing your wisdom with others?
- What would you be willing to risk in order to share what's true for you? (i.e., being laughed at, not liked, being thought you're mean, weak, etc.)
- How would your life be different if you allowed yourself to be more vulnerable with others, sharing more of your inner truth with them?

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## Here are some questions to help you speak your truth.

Don't be afraid of the answers.

- Where have you abandoned your truth? Was it in your career, your relationships, your self-care, your dreams, or your belief in the possibility and goodness in life?
- If money, age, people, geography or excuses were no longer an object, what would happen for you?
- Is there anything you've been trying to hide?
- What do you have to do or win back to speak with authority and authenticity?
- What is your unique message? What do you absolutely believe? What are your deepest desires? What resonates deeply with you?

After you've meditated or been in stillness and silence for a few minutes, place your hand on your heart and ask the following questions:

- Where am I holding back?
- In what instances am I biting my tongue?
- Where could I speak up a bit more?
- Where could I step into the unknown with a little more power?
- If I knew I could not fail, what would be my next step?

## Do this exercise to connect with your feelings.

Drop the story you're telling yourself about how you feel.

Bring all your awareness into your body.

Ask yourself where a feeling is sitting in your body. Is it in your throat, your stomach, your back, or somewhere else? (I feel it in

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my throat when I'm unable to speak. A cough shows me that I want to shout about something that's happening in my life, and I'm not allowing myself to do this.)

Accept it and embrace what you feel with your love, allowing yourself to surrender and fall into whatever you are feeling.

Stay curious to whatever feeling then arises.

Continue until you feel that you have expanded your being.