

# Unmute Your Soul Toolkit

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## #9 Voice Your Soul

**Here are a few questions to support you in finding your unique message.**

- Where could you use your voice? For example, truth is needed: in relationships that don't work, when people or animals suffer, when the earth suffers, when needs or limits are not respected, if rights are violated, and so many more ways.
- If you had a unique message, what do you think it would be?
- What do you deeply believe and desire to share with the world?
- What is the cause nearest and dearest to your heart?
- What keeps you awake at night?
- What do you care about?
- What makes you so angry that you think cannot go on anymore?

**Identify what your personal Utopia would look like.**

- If injustice would no longer exist, what is your vision?
- What do you wish for?
- Where do you keep yourself silent but would like to speak up?
- Are you feeling called to speak and live more truthfully?
- Do you have a message that you want to share with the world?
- When you open your mouth, what would happen? Visualise it.