



Having a Voice E-Course

Hi...

My imagination tells me that something spoke to you personally when you read *Having a Voice*, and that is why you have looked further to this course. I hope you find it a place to look deeper into yourself and answer some questions that might be helpful to your discovering your own voice. If your answers to the questions don't come right way, that's all right. Give them time. Give yourself time to listen and hear. Then ask again. Ask for as many answers as might come to you. Ask gently and lovingly as you would ask a dear friend or a beloved child. Ask for more than one day; more than a week; more than a month. Ask until you feel satisfied that the answer has come. Never give up on looking for your very own answers about having your own voice.

Wishing you all the very best,

Here are some questions just for you:

1. How would you define 'having a voice' in your own life? What does the phrase mean to you?
2. When is the last time you can remember really "having your voice" in your life and how did you feel then?
3. When is the first time you can remember feeling that same way? What was happening then?
4. What might be your distractions that could keep you from "having your voice"? List them all. Write on the back and a separate sheet if you want.

5. Are you aware of any beliefs that you have that could hold you back from having your voice? Beliefs about who you are? Beliefs about your roles in life? Beliefs about your gender or age or importance?

6. Look back to your list of distractions. Are there any of those that you could imagine changing easily? How would you do it? And when? Who could support you?

7. What would be the hardest ones to change? Maybe even seem impossible? Why?

8. What would be your wildest dream of Having a Voice? Something bigger than you can actually imagine happening?

9. Think of the people in your life. Who are the ones with whom you could share some of these thoughts. Imagine how you would do it. Who and how and when?

10. Think of what you would like to do next.

