



# Vocal Journey Circle

1 July 2020

## *Journal Prompts*

These questions aim to inspire a dialogue with your voice across several dimensions of awareness. There is no 'correct' way to approach these, so feel free to use any medium that feels comfortable and stimulating for you; write, paint, draw, record voice memos or a video diary. You may wish to keep these questions for reference to use again at a later date. Our perceptions of voice shift and change all the time!

Can I identify any unhelpful tension in my body?

Do I use different voices for different environments?

Do I feel heard, acknowledged and understood?

If you feel called to share your reflections with the community, you are very welcome to post in the Exploring the True Voice Facebook Group to stimulate discussion and feedback. Your voice is appreciated and invited to contribute to the space.