



Shweta Chhajlani

**AUTHOR AND
CO-FOUNDER**

+1 639-915-0694
shweta@ignite2impact.ca
www.ignite2impact.ca

Finding Your Voice Reflection Workbook

A moment to pause, reflect, and reconnect with the voice that's already within you. Take a few quiet minutes. There are no right or wrong answers, only honest ones.

1. The Conversation You're Avoiding

What important conversation have you been avoiding because you don't feel ready?

Your reflection:

- **What feels uncomfortable or uncertain about it?**
Reflect on the aspects of the conversation that make you uneasy. Is it fear of conflict, rejection, or not being understood?
- **What might happen if you do speak up?**
Envision the possible outcomes, both positive and negative. Consider how speaking up might lead to resolution or growth.

2. The Voices You've Absorbed

Whose opinion have you allowed to become part of your identity?

Your reflection:

- **When did you first start believing this?**

Think back to experiences or influences that shaped this belief. Was it a specific person or a societal expectation?

- **Is this belief truly yours?**

Question whether this belief aligns with your values and desires, or if it's something you've adopted from others.

3. If Your Voice Truly Mattered...

What would you do differently if you fully believed your voice mattered?

Your reflection:

- **Where would you show up more boldly?**

Identify areas in your life where you would be more assertive or visible if you believed in the power of your voice.

- **What would you say that you're currently holding back?**

Consider the truths or ideas you haven't expressed. What's stopping you?

4. Waiting for Confidence

Where in your life are you waiting for confidence before taking action?

Your reflection:

- **What small step could you take before feeling ready?**

Break down the action into smaller, manageable steps that you can begin immediately, even if you're not fully confident yet.

5. One Year From Now...

What opportunity might you regret if you remain silent today?

Your reflection:

- **What is one action you can take this week to change that?**

Commit to a specific action that moves you closer to seizing the opportunity you fear missing.

Final Reflection

Take a deep breath and complete this sentence:

“The voice I am ready to use more is...”

Your Commitment

What is one commitment you are making to use your voice this week?

Embrace this journey of self-reflection and empowerment. Your voice is unique and needed.

Remember:

The world doesn't need perfect voices.

It needs authentic ones.

And yours is one of them.