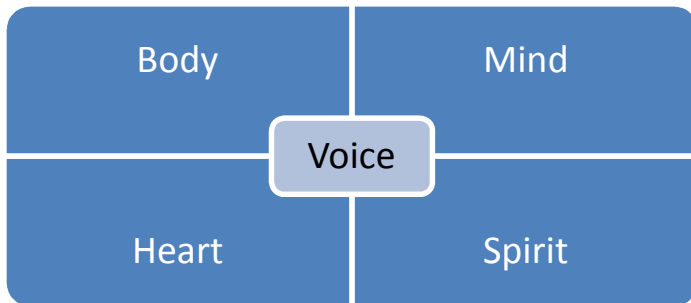


Who Am I? Finding My Voice

*We move forward most powerfully, we are ignited, when our actions reflect our unique, true voice.
What is mine to be and do that reflects ALL aspects of my being: Body, Mind, Heart, Spirit?
What is my Personal Voice?*



Personal Voice is:

*Unique
Significant
The Soul's "code"
My "calling" (*)*

Body – To Live - Needs

List 5 or more physical needs you are aware of. These may be requests that your body is making of you, and they may be needs of the world around you that you are moved to meet.

1.	
2.	
3.	
4.	
5.	

Mind – To Learn - Talents and Skills

List 5 or more personal talents or skills. What would colleagues, friends, family, creative journeyers, or your spiritual guide tell you if you asked them? Consider also what you desire to learn at this time.

1.	
2.	
3.	
4.	
5.	

Heart - To Love - Passion

List 5 or more things that you do (or wish you did!) in your free time, activities that have heart and meaning for you or bring you pure joy!

1.	
2.	
3.	
4.	
5.	

Spirit – To Leave a Legacy - Conscience

List 5 or more personal traits and inner convictions that describe how you show up in the world (i.e. patient, compassionate, generous). Who are you? What lives in your conscience?

1.	
2.	
3.	
4.	
5.	

(*) This definition of "Voice" as the nexus of these four aspects of being is taken directly from **The 8th Habit** by Stephen R. Covey.