

Reclaiming Voice Worksheet



Welcome

My name is Coach AJ, your Dope Life Coach and I strive to empower my fellow human beings to live and love their dope life!

I believe life is full of opportunities. It is my job to help you figure out how, and which opportunities to explore! It is my goal for you to be successful in the next chapter of your life.

It's a personal honour for me to have each client reach their aha moment or their YES! moment. I help people increase their self-care practices to feel more at peace and happy with their life.



Coach AJ



How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide's soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide to maintain self-care regularly.

QUESTIONS?

info@dopelifecoach.com
www.dopelifecoach.com

 @dopelifecoach_
 @dopelifecoach

The Reclaim Series: Reclaiming Your Voice

Quote:

Speak your mind, even if your voice shakes.
— Maggie Kuhn

Tip:

Use “I” statements to center your experience without blame.

Challenge:

Voice your opinion in one space where you usually stay silent.

Self-Coaching Cue:

What truth am I holding back, and why?

Affirmation:

My voice matters. My words are powerful. I choose to be heard.

Why this matters?

Your voice is your power. Reclaiming it is a radical act of self-trust and truth-telling. When you stop shrinking your voice, you stop shrinking your life. Your truth deserves space, and so do you.

Use the V.O.I.C.E. method to speak with intention:

V — Validate: Acknowledge your thoughts and feelings as real.

O — Own: Take responsibility for your experience.

I — Intend: Speak with clarity and purpose.

C — Communicate: Share with honesty, not fear.

E — Empower: Use your words to build, not break.

Self-Reflection Questions

1. When do you hold back from expressing yourself?
2. What would it feel like to be fully heard?
3. Write a statement or truth you've been afraid to say out loud.

Are you interested in coaching? Reach out to me today to schedule your complimentary call!



info@dopelifecoach.com



416-894-9627



www.dopelifecoach.com