



HOW TO TALK IT OUT

The beauty of Talk It Out is that to run a session is your phone & somewhere to go for a walk.

You can do a Talk It Out session on any topic at all...

It could be about your work, your life or your relationships... Anything.

Whatever you feel you need some clarity on,




FOLLOW OUR SIMPLE STEPS BELOW:

- Grab your phone and headset put your phone on record.
- Go for a walk and talk into your phone about your chosen topic, flat out for anywhere between 5 and 15 minutes.
- Once you've reached a logical end to your session, come back in, grab a cuppa and listen back to your recording.

As you listen back, notice how your voice changes as you speak, and you'll quickly be able to pick up the moments when you've hit on an insight or a breakthrough.

It could be a change in your tone or your energy, but whatever it is, that's your subconscious telling you to pay attention.

TRY OUR TOP TIPS...

-  **Record what you say:** If you don't have a voice recorder you can download a free one [here](#).
-  **Lose the filter:** As you walk and talk, remember you can be completely unfiltered. No one's going to listen to what you say, so let rip.
-  **Talk Non-Stop:** You don't have to sound smart, or even tell the truth! What's important is that you talk non-stop for anywhere between 5 and 15 mins on your chosen topic.