

MY VOICE PROFILE

Complete each statement with three different answers.

We will draw on your answers for exercises as part of the program.

Go with the first ideas that pop into your head!

1. I am a...

(roles, relationships)

a.

b.

c.

2. I have/give...

(qualities, objects / people you cherish)

a.

b.

c.

3. I like...

(nouns, objects)

a.

b.

c.

4. I believe in...

(values, truths)

a.

b.

c.

5. I can...

(actions, talents, skills)

a.

b.

c.

6. I remember...

(milestone memories)

a.

b.

c.

7. I fear/worry about...

(challenges, doubts, concerns)

a.

b.

c.

8. My purpose is to...

(work, life, community)

a.

b.

c.

ADDITIONAL QUESTIONS TO PONDER...

- Were you surprised by any of your answers?
- How do these statements help you understand who you are as a speaker?
- The first theme of our class is finding your voice. What is your definition of a "voice"?
- How do you use your voice currently?
- How does public speaking help to establish and share your voice?