

15.

Finding Your Voice

The activities that follow are designed to aid personal reflection on your experiences relating to fitting in, standing out, and expressing your authentic voice. You can also use these exercises when you are coaching or mentoring others.

Personal reflection is important for so many reasons, but mostly because it takes you to the core of where your frames live. Self-awareness is the key to being a strong leader and a better teammate. These activities will take you closer to your personal frames, where the real work often begins.

Spend some time exploring your authentic voice. And always remember: *there has only ever been, and will always only be, one you.* Make a difference in a way that only you can. That's why you are here.

Activities

ACTIVITY 1 — YOUR EXPERIENCE WITH FIT

List five things that make it possible for a person to fit in successfully.

- 1
- 2
- 3
- 4
- 5

List five things that make it possible for a person to stand out successfully.

- 1
- 2
- 3
- 4
- 5

Think of a time in your life when you have struggled to either fit in or stand out.

What did you learn about yourself from this situation?

.....

.....

.....

.....

.....

.....

What would you do differently today?

.....

.....

.....

.....

Have you ever felt pressured to step away from who you are in order to be accepted by the group?

Or

Have you ever held your ground on something that put you at risk of being rejected by the group?

For either question:

How did you manage the stress from the experience?

.....

.....

.....

.....

.....

What was the outcome of the situation?

.....

.....

.....

.....

.....

.....

What would you do differently today?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....