

# 15.

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## 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.

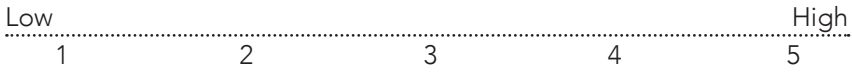
Personal reflection is important for so many reasons, but mostly because it takes you to the core of where your frames live. Self-awareness is the key to being a strong leader and a better teammate. These activities will take you closer to your personal frames, where the real work often begins.

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.

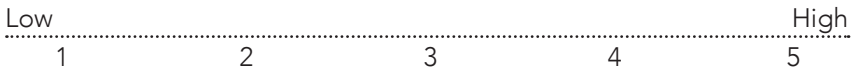
## ACTIVITY 2 — AUTHENTICITY SYNTHESIS

Refer to the seven elements of authenticity (see Chapter 4) then rate yourself on the scales below.

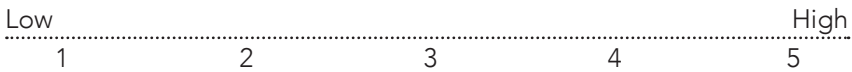
### POSITIVITY



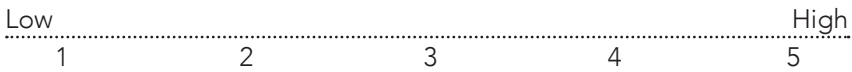
### REAL



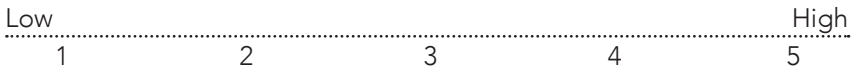
### EDGE



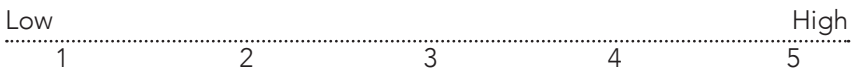
### VULNERABILITY



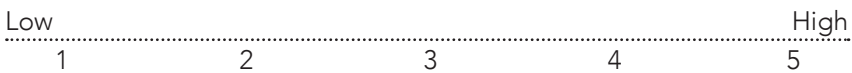
### ENERGY



### INTEGRITY



### CONNECTIVITY





Is there a pattern to how the seven elements work together in your profile? Describe it.

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Given your current role, which of these elements is most critical for you to understand? Why?

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