

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.

ACTIVITY 4 — ADJUSTING YOUR FRAMES

Think of a relationship in your life that is not where you want it to be.

- Trying to take the perspective of the other person, list three frames that you believe they currently have you in.
- Then, for each frame, list three tangible things they may have seen to support their view.

FRAME 1:

1

2

3

FRAME 2:

1

2

3

FRAME 3:

1

2

3

To strengthen the relationship, which frame do you have to break out of, or at least alter?

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Is there someone in your personal or professional life who you need to reframe? Digging deeper, are there some assumptions you need to challenge yourself on?

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