

THROAT CHAKRA JOURNAL PROMPTS

HOW DO I COMMUNICATE IN ONE-ON-ONE CONVERSATIONS? HOW MUCH DO I LISTEN, AND HOW MUCH DO I SPEAK? IS THIS RATIO BALANCED?

HOW DO I COMMUNICATE IN BIG GROUP SETTINGS? DO I TEND TO SIT BACK AND LISTEN, OR DO I SPEAK FREELY? HOW MUCH DO I LISTEN COMPARED TO HOW MUCH I SPEAK?

WHY IS IT IMPORTANT TO ME TO BE A PATIENT AND ATTENTIVE LISTENER?

WHY IS IMPORTANT TO ME THAT MY VOICE IS HEARD WHEN I SPEAK?

HOW DO I FEEL WHEN OTHERS ARE DISTRACTED OR NOT LISTENING WHEN I SPEAK?

HOW CAN I CLEARLY AND EFFECTIVELY COMMUNICATE SO THAT I HAVE THE UNDIVIDED ATTENTION OF THOSE I'M SPEAKING TO?

WHAT METHOD(S) OF COMMUNICATION DO I FEEL MOST COMFORTABLE WITH? WHAT METHOD(S) OF COMMUNICATION DO I FEEL LEAST COMFORTABLE WITH?

WRITE 10 TO 15 POSITIVE AFFIRMATIONS THAT AFFIRM YOUR ABILITY TO SPEAK CLEARLY AND CONFIDENTLY AS WELL AS WHY YOUR VOICE MATTERS. REPEAT EACH AFFIRMATION TWICE.

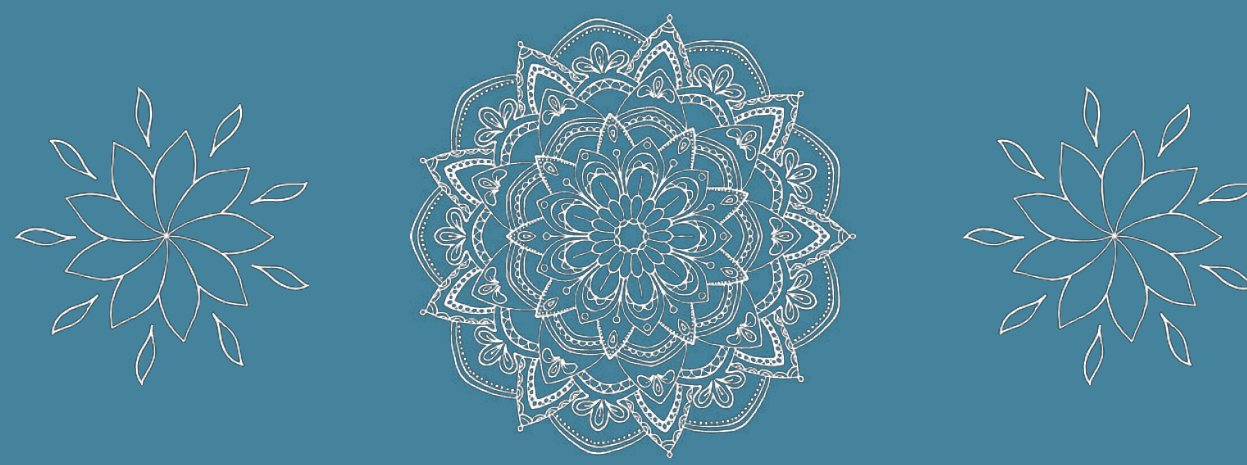
WRITE AN OPEN LETTER TO SOMEBODY IN YOUR LIFE: A CURRENT OR PAST PARTNER, FRIEND, RELATIVE, BOSS, COWORKER, OR EVEN AN ACQUAINTANCE. WHAT HAVE YOU ALWAYS WANTED TO SAY TO THIS PERSON BUT NEVER FOUND THE COURAGE OR THE RIGHT WORDS?

IN WHAT SITUATIONS DO I HOLD BACK FROM SPEAKING MY TRUTH? ARE THERE ANY SITUATIONS IN WHICH I WITHDRAW, EVEN WHEN I HAVE SOMETHING TO SAY?

HOW CAN I CULTIVATE MORE CONFIDENCE IN SITUATIONS WHERE I'M CALLED TO SPEAK MY TRUTH?

WRITE ABOUT A TIME WHEN YOU SPOKE YOUR TRUTH AND FELT HEARD, RESPECTED, AND LISTENED TO. HOW DID THIS MAKE YOU FEEL?

IN WHAT WAYS CAN WORDS BE POWERFUL? WHAT ARE SOME EXAMPLES OF TIMES WHEN WORDS HELD IMMENSE POWER IN MY LIFE?



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REFLECT ON THIS STATEMENT: "MY WORDS AND MY VOICE MATTER." LIST ALL THE WAYS IN WHICH THIS IS TRUE.

WHAT ARE THE GUIDING PRINCIPLES AND TRUTHS THAT I CARRY WITH ME THROUGHOUT MY LIFE?

WHAT DOES AUTHENTICITY MEAN TO ME?

HOW DO I LIVE MY AUTHENTIC TRUTH IN MY DAILY LIFE?

WHAT DOES IT MEAN TO ME TO CARRY MYSELF WITH INTEGRITY?

ARE THERE ANY SITUATIONS IN WHICH I FEEL LIKE I FAKE OR FORCE MYSELF TO BE SOMEONE OR SOMETHING I'M NOT? HOW DO I FEEL WHEN I DO THIS?

HOW DO I FEEL WHEN SOMEONE IS BEING INAUTHENTIC WITH ME? HOW CAN I AVOID DOING THE SAME TO OTHERS?

HOW DO I FEEL ABOUT GOSSIP? HOW DOES IT MAKE ME FEEL WHEN I GOSSIP ABOUT ANOTHER PERSON, OR WHEN I HEAR THAT SOMEONE HAS GOSSIPED ABOUT ME?

WHEN I HEAR OTHERS GOSSIPING, HOW CAN I RESPOND IN A CLEAR, CALM, AND EFFECTIVE WAY?

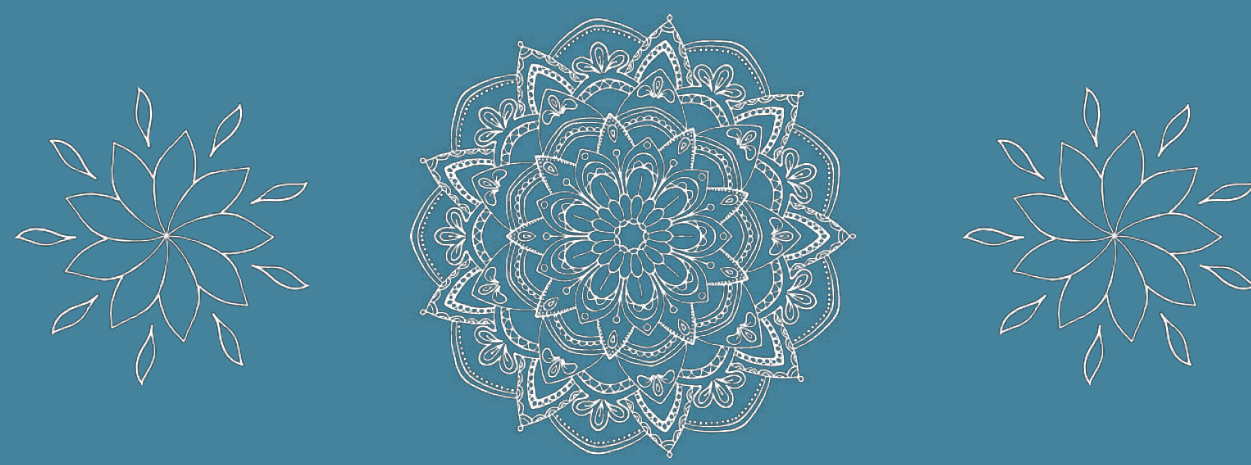
DO I EXPRESS MYSELF CREATIVELY? WHAT OUTLETS AND PRACTICES DO I USE FOR CREATIVE EXPRESSION?

HOW CAN I OPEN MYSELF UP TO MORE OPPORTUNITIES FOR CREATIVE EXPRESSION?

WHY IS IT IMPORTANT TO ME TO REMAIN CENTERED AND PATIENT THROUGHOUT MY DAILY LIFE?

ARE THERE ANY SITUATIONS WHERE I TEND TO LOSE PATIENCE? HOW DOES THIS MAKE ME FEEL?

HOW CAN I CULTIVATE MORE CALM AND PATIENCE WHEN I BEGIN TO FEEL MYSELF GROWING IMPATIENT WITH INTERNAL AND EXTERNAL CIRCUMSTANCES?



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HOW DO I MAKE DECISIONS? DO I TEND TO BE MORE DECISIVE OR INDECISIVE?
HOW CAN I BECOME MORE CONFIDENT IN MY DECISION-MAKING?

WHY IS IT IMPORTANT TO ME TO HAVE AN OPEN AND BALANCED THROAT
CHAKRA?

WHAT DOES AN ORDINARY DAY AS MY MOST COMMUNICATIVE, PATIENT,
AUTHENTIC SELF LOOK LIKE? HOW DO I CARRY MYSELF THROUGHOUT THE DAY?
HOW DO I TREAT OTHERS AND MYSELF? WRITE ABOUT THIS DAY IN DETAIL.

Speak your truth.