

# The Emotional Core of Voice



*This worksheet is designed to help you think through your life's emotional journey in a way that identifies the things that are really important to you. Take time with each question and try to identify details that encompass universal human experiences in specific or unique ways.*

**What struggles or obstacles have you overcome?**

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**What recurring patterns or themes seem to resurface time and time again in your life?**

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**What significant events or experiences have had a profound impact on you?**

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**How have your relationships with others, both positive and negative, influenced your personal growth?**

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**What are some of your dreams or aspirations?**

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**What do you wish people knew about your life's emotional journey?**

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