

Throat Chakra Journal

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How often do you speak your truth?

How do you use the power of your voice?

Do you use your voice for good?

How confident are you in your voice?

Is it safe for you to use your voice?

How often do you express your honest thoughts and opinions?

When do you feel unsafe to use your voice?

Describe how you speak with authority.

How compassionate of a person are you?

Describe your communication skills.

How are you improving your own communication skills?

When do you struggle with communicating?

What is your preferred method of communication?

How are your listening skills?

Are you more of a decisive or indecisive person?

How do you express your truth/

When are you afraid to be honest?

Do you advocate for yourself?

How is your voice valuable?

How is your voice unique?

How do you like to show up in conversations?

When are you the most dishonest?

What is something you need to get off your chest?

How are words powerful to you?

What is a non-verbal way you still use your voice?