Find Your Voice

A seven-day challenge for saying what you actually think and feel.

A lot of us spend so long taking in other people's voices that we lose track of our own. This challenge is a week of small, low-stakes ways to find it again. Each day takes between two and ten minutes.

Your voice starts in your body. Before you speak or write, notice your breath, your throat and your chest. If you get a rush of nerves, put your feet flat on the floor and let your out-breath get longer than your in-breath until it eases. Nerves are normal. They usually mean it matters.

Day 1. Hum

Sit comfortably and hum on a long out-breath, five to ten times. Notice where you feel the buzz, in your chest, your face, your lips. No one needs to hear you.

What I did, and what my body did

Day 2. A voice note to yourself

Record a one-minute voice note about something you noticed today. Don't send it to anyone. Listen back once, and notice what your body does when you hear your own voice.

What I did, and what my body did

Day 3. Say your real preference first

In one small situation, where to eat, what to watch, which way to walk, say what you actually want before you check what everyone else wants.

What I did, and what my body did

Day 4. Write without editing

Set a timer for ten minutes. Start with “What I actually think about ___ is…” and keep writing. No deleting and no rereading until the timer goes off.

What I did, and what my body did

Day 5. Ask for one small thing

Ask someone for something small using four parts. What happened, how you feel, what you need, and a request they could say no to.

What I did, and what my body did

Day 6. Read it out loud

Stand up, feet on the floor, and read your Day 4 writing out loud to yourself. Slowly. Notice which lines feel true in your body and which feel borrowed.

What I did, and what my body did

Day 7. Share one small thing

Share one thing you made or think with one person you trust. A sentence, a photo, a voice note. One person is enough.

What I did, and what my body did

At the end of the week

Which day was hardest? Which one surprised you? What do you want to keep doing?

You don’t need to be loud, polished or certain to have a voice worth hearing. You just need to keep using it.