

# GOOD REASON #4: TO DEVELOP YOUR VOICE - AND THEN USE IT

---

The first thing to know about your voice is that it's much more than what you say. It is a reflection of who you are in the world.

With your voice, you can help others understand your point of view, you can draw on personal experience to inspire action or change, you can let people know what you stand for, and you can contribute in meaningful ways to important conversations.

Your journal is an invaluable tool for exploring the fascinating, talented, and multi-dimensional person you are. It's also a place to record the ways in which you are changing and adapting to new circumstances. It's a place to think about how you want to use your voice and what, exactly, you want to say.

Let your passions guide you.

What excites you? What inspires you? What matters to you? What do you do or know or understand that might inspire others? When you speak up about the work, projects, ideas and pursuits that interest you, your energy shines through and engages others.

Write down the things, ideas, and issues you are passionate about. I'll bet there are all sorts of people, near and far, who share your excitement and would be interested to hear what you have to say.

I hope your journal entries will inspire you to join a conversation -- in person, online, at school, at work, with friends and strangers alike -- about the things that matter most to you!

# TO DEVELOP YOUR VOICE - AND THEN USE IT

Date:

Two things you love  
to work on:

---

---

Two things you love  
to do for fun:

---

---

Two things you love  
to learn about:

---

---

Two topics you love  
to discuss:

---

---

One idea, belief, or issue that matters to you a  
great deal:

---

One compelling thing you know or understand  
about this idea, belief, or issue:

---

---

One way you could share your excitement about  
your idea/belief/issue with others:

---

---

One contribution you'd like to make in an area or  
activity that interests you:

One thing you can do to make it happen: