

Journaling tips

Did you hear that?

Journal the different voice and tone changes you encounter with others throughout your day.

Did this set your tone? Did you create a story?

What voice change did you identify? _____

Did any of the identified tones affect you? If so, how? _____

What parts of the observations are stories versus fact? _____

Pro tip

Remember that your voice changes tone and sets the mood for a person or the room. Are you setting the vibe you want and expect?