

# EXPRESS YOURSELF

## Instructions

Answer each of the following questions and write your answers on the next page.

1. What have you got within you that you aren't currently expressing? Think about what gives you joy and passion. What lit you up as a little person?
2. How will expressing it benefit you? Others?
3. What is the cost of keeping it hidden? How are you missing out? How are others deprived of your gifts?
4. How can you express it? What are some specific actions you'd like to take?

Kira Swanson  
*Coaching*

kiraswanson.com  
2019 Kira Swanson

# EXPRESS YOURSELF

Inside  
You

Save  
You

Destroy  
You

Bring it  
Forth

Kira Swanson  
*Coaching*

kiraswanson.com  
© 2019 Kira Swanson