## Your Voice

Who are you? Let’s reflect on the skills you already have. Please take a time to reflect and answer the following questions:

* What talents or abilities do I think define me?
* What things do I LOVE to do?
* What is easy for me (or comes naturally) that others find difficult?
* When do I remember feeling happier? What was I doing at that moment?

Exercise: Think about five to eight people very close to you and send them a questionnaire form ([you can do it with Google](https://www.youtube.com/watch?v=fXQDFhKFuTU)): Use the text below. The important thing here is to see if there is a repeating pattern in the answers. The people who REALLY know you can give you an idea of when they saw you happier doing something that you loved.

Text to use:

Please could you take five minutes to answer these questions with total honesty?

The answers are anonymous and will help me get to know myself better and to work on my yoga/wellness business.

Questions:

What talents or abilities do you think define me?

What things would you say I like to do?

What do you think is easy for me (or comes naturally) that is hard for you?

When do you remember seeing me happier? What was I doing at that moment?

Thank you, (Insert your name)

If you have any questions, please ask them or show up in our [Facebook Community](https://www.facebook.com/groups/niche.and.shine) and tag me ([Manu Molina](https://www.facebook.com/manuemprendedoresdelyoga/)).