

# Mindful Voice Feminization

Journal prompts to support you  
in your voice feminization journey

by Renée Yoxon





Hi! I'm Renée!

I'm a gender-affirming  
voice teacher

In my work, I've seen hundreds of students just like you overcome voice dysphoria, control negative self-talk, and realize their goals of creating a feminine voice that shows the world who they truly are.

I fundamentally believe that every student has the capacity to modify their voice.

However, when they first start out, many students believe that they are the one exception to my years of observations. They believe: "maybe everyone else can change their voice, but not me!"

I'm here to tell you that you are not the exception and that you, just like hundreds of students before you, will also see results. That's why I created my signature e-course, *Mindful Voice Feminization*. I want to help you challenge the beliefs that you can't reach your voice goals - because you can!

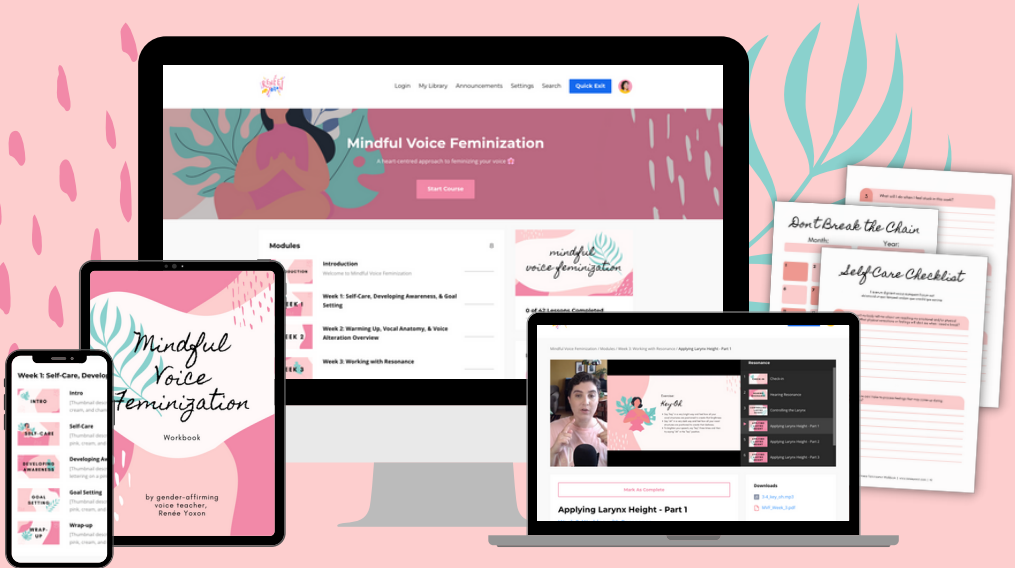
This free workbook contains ten journal prompts that will help you to unpack these feelings and set you up for success in your voice feminization journey, whether or not you decide to join my course.

That said, if you've never worked with prompts like these before, I will show you how in *Mindful Voice Feminization*.

Remember: stay mindful, stay curious, stay playful - and have fun!

*Renée Yoxon*

# Mindful Voice Feminization



Overcome dysphoria, control negative self-talk, and develop a feminine voice that you love

**YES! I WANT THIS COURSE!**

click here!



# Prompt 1

What do I expect will be challenging for me about feminizing my voice? Where do these beliefs come from?

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# Prompt 2

How do I feel when I make sounds I'm not used to? What can I do to honour and move through those feelings?

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# Prompt 3

How can I bring a sense of curiosity and play to my voice practice?

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# Prompt 4

How can I level up my self-care practice as I challenge myself with my voice practice?

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# Prompt 5

How can I allow myself to be more vulnerable with the people in my life as I work towards my voice goals?

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# Prompt 7

How does my body feel when I make steps towards my voice goals? (Hint: think sensations, places I feel sensations, etc)

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# Prompt 8

How can I decouple my happiness with my feminine voice from the way I am perceived by others?

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# Prompt 9

How can I be kinder and more compassionate toward myself in my voice practice?

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# Prompt 10

How can I creatively bring myself back to my practice when life happens and I'm unable to practice for a while?

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