



# A LETTER TO YOUR VOICE

by

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# LETTING GO

## ***Hey VideoStar!***

It's time to let go of some of the negativity that you may have towards your voice.

Use the following pages to write a compassionate and encouraging letter to your fabulous voice.

Address your negative beliefs about it, and then let your voice know how awesome it is (you can even say sorry to your voice if you need to).

*You deserve to be seen and HEARD!*

And as always...

Dream up,



Sarah Michelle Brown  
Your Virtual Video Director



# Writing Exercise

## A Letter to Your Voice

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*Be sure to share your  
questions and ah-hahs in the  
Facebook group!*