

The 5-Minute Daily Voice Activation Kit



Dragon Path Coaching

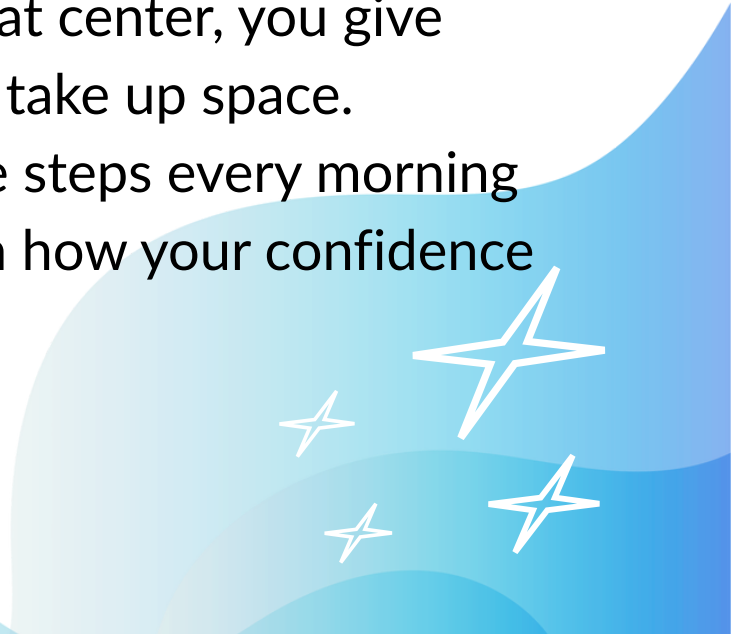
A morning ritual to release the "Good Girl" conditioning, clear your throat chakra, and speak your truth with confidence.

Hey friend, I'm so glad you're doing this for yourself!

Your voice is the bridge between your inner world and your outer reality. Yet, so many of us have been conditioned to swallow our truths, soften our boundaries, and shrink our volume to keep the peace.

This 5-minute daily practice is designed to break that pattern. By clearing the physical, energetic, and mental blocks in your throat center, you give yourself permission to take up space.

Commit to these three simple steps every morning for the next 7 days, and watch how your confidence shifts.



Step 1: The Physical Release (60 Seconds)

The Goal: Unclench the jaw and open the physical throat space where we trap unsaid words.

- *The Lion's Breath:* Sit up tall with your feet flat on the floor/ground. Inhale deeply through your nose and fill up your belly with air. As you exhale, open your mouth wide, stick your tongue out toward your chin, and let out a loud, audible "Haaaaaa" sound (like a sighing roar).
- *The Jaw Drop:* Gently massage the joint where your jaw meets your skull. Let your lower teeth separate from your upper teeth. Shake your head "no" very slowly and loosely to let your neck relax.
- *Check-in:* Notice how much lighter your neck and throat feel when you actively choose to drop the tension.





Step 2: The Energetic Activation (2 Minutes)

The Goal: Tap into your Throat Chakra (Vishuddha) to channel your personal power.

Close your eyes and place one hand on your heart and one hand gently over your throat. Visualize a vibrant, warm sapphire blue light glowing at the center of your throat. Speak the three daily activations below out loud. Don't whisper them; use some volume and let your vocal cords vibrate.
(Do it in the car if you need privacy!)

1. "It is safe for me to be heard."
2. "Honoring my limits is self respect."
3. "What I have to say matters, and I claim the right to say it."





Step 3: The Daily Clarity Prompts (2 Minutes)

The Goal: To speak your truth to the world, you must first be honest with yourself. Grab a journal (or use the notes app on your phone!) and quickly answer these two micro-prompts every morning. Don't overthink it; write the first thing that comes to mind. This won't be graded; it's just for you.

Prompt 1: Where am I currently swallowing my truth or saying "yes" when I really mean "no"?

Prompt 2: If I was 10% braver today, what is one thing I would speak up about or ask for?





Your Quick-Win Challenge for Today:

Finding your voice starts with small boundaries, so today practice one "Micropause."

The next time someone asks you for a favor or expects a quick answer, instead of immediately saying yes, do this:

Pause, take a breath, and say: "Let me check my schedule and get back to you."

You have the right to claim space before you answer.

You got this, girl! 

