

Public Speaking Journal

Expressive
YOU



**THIS BOOK
BELONGS TO:**

Welcome to Your Public Speaking Journal

A Letter to You

Hi,

Before we begin, I want to ask you something.

When you hear the words "public speaking," what's the first image that comes to your mind?

A stage?

A microphone?

A room full of strangers?

A presentation you never wanted to give?

Most people think public speaking only happens when hundreds of people are watching.

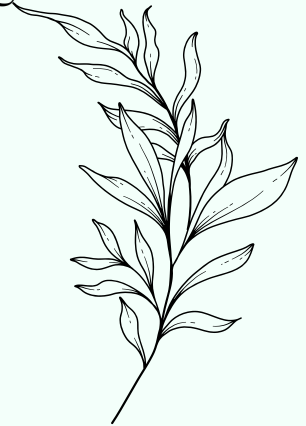
But the truth is...

Public speaking begins long before you ever step onto a stage.

It happens when you're introducing yourself in a classroom.

It happens when you're answering a question in a meeting.

It happens when you're sharing an idea with your team.



It happens when you're speaking up for yourself.

It even happens when you're trying to tell someone how you truly feel.

Every single day, we are speaking in front of people—sometimes one person, sometimes ten, sometimes hundreds.

Yet so many of us hesitate.

Not because we don't have something valuable to say...

But because we're afraid.

Afraid of forgetting our words.

Afraid of sounding awkward.

Afraid of making mistakes.

Afraid of being judged.

If you've ever felt your heart race before speaking...

If you've ever rehearsed a sentence ten times in your head before saying it...

If you've ever stayed quiet even though you had something important to contribute...

You're not alone.

Almost every confident speaker you admire has stood exactly where you are.

They weren't born fearless.

They simply kept choosing to speak, one conversation at a time.

"Courage starts with showing up and letting yourself be seen."

— Brené Brown

This journal isn't here to turn you into a perfect speaker overnight.

Because honestly...

There is no such thing as a perfect speaker.

Some of the most memorable speakers pause.

Some lose their train of thought.

Some stumble over words.

Some laugh at their own mistakes.

And yet people still listen.

Why?

Because people don't connect with perfection.

They connect with authenticity.

One honest sentence spoken from the heart is often more powerful than perfectly memorized speech.

So as you move through these pages, don't worry about getting every answer "right."

This journal isn't a test.

It's a conversation.

A space where you can slow down, reflect, and notice the habits, beliefs, and stories that have shaped the way you communicate.

Some pages will make you think.

Some may remind you of moments you haven't thought about in years.

Some might make you smile.

Others might make you realize that you've been holding your voice back for far too long.

And that's okay.

Growth rarely begins with having all the answers.

It begins with asking honest questions.

A Small Reminder Before You Continue

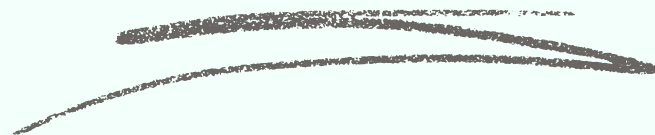
As you write in this journal, give yourself permission to be completely honest.

No one else has to read these pages.

You don't have to impress anyone.

You don't have to sound smart.

You don't have to write perfectly.



Just write what feels true.

Sometimes the smallest realization becomes the biggest turning point.

"Your voice is valuable, even before it becomes confident."

You may notice that this journal doesn't teach speaking techniques, presentation structures, or communication frameworks.

That's intentional.

This journal is meant to help you discover your relationship with your own voice before learning how to strengthen it.

Think of it as preparing the ground before planting a seed.

Because when you understand yourself first, every communication skill you learn afterward becomes more meaningful—and much easier to apply.

So, before we begin, I'd like you to make one simple promise to yourself.

Not that you'll never feel nervous.

Not that you'll never make mistakes.

Not that you'll always know the right words.

Just this:

I will stop letting fear speak louder than my voice.

Write it somewhere on this page if you'd like.

Come back to it whenever you need a reminder.

*"The world doesn't need
another
perfect speaker. It needs
someone
who's willing to speak
honestly."*

Welcome to your journey.

I'm truly glad you're here.

Before We Begin

Take a deep breath.

There's nothing to memorize here.

Nothing to get right.

No one is grading your answers.

This journal belongs to you.

Before we explore confidence, communication, or public speaking, let's pause for a moment and understand where you are today. Every person's journey is different.

Some people are afraid of speaking in front of a crowd. Others are perfectly comfortable on stage but struggle to express themselves in one-on-one conversations.

There are no "good" or "bad" answers here, only honest ones.

The more honest you are with yourself, the more meaningful this journey will become.

Let's Start with You

1. What is the very first thought that comes to your mind when you hear the words "public speaking"?

Don't overthink it.

Write the first word, feeling, or image that appears in your mind.

Maybe it's "fear."

Maybe it's "confidence."

Maybe it's a classroom presentation, an interview, a meeting, or someone standing on a stage.

2. How do you usually feel when you have to speak in front of other people?

Tick all the emotions that feel familiar.

- ☐ Nervous
- ☐ Excited
- ☐ Confident
- ☐ Anxious
- ☐ Shy
- ☐ Scared of making mistakes
- ☐ Comfortable
- ☐ Unsure
- ☐ I avoid speaking whenever possible.
- ☐ Something else:

Now ask yourself...

Why do I think I feel this way?

"Sometimes our fear isn't about speaking. It's about being seen."



3. Think about the last time you wanted to say something but stayed silent.

What happened?

Where were you?

What stopped you from speaking?

Looking back now, what do you wish you had said?

4. Finish these sentences honestly.

When I have to speak in front of people, I usually...

The part I worry about the most is...

I wish I could speak more confidently when...

5. Who is someone whose communication style you admire?

It could be a teacher, a colleague, a friend, a leader, a public speaker, or even someone in your family.

What makes them memorable?

Is it the way they speak?

The confidence they carry?

The calmness in their voice?

The stories they tell?

Or simply how they make people feel?

Write their name:

What do you admire about them?

6. Complete this sentence without thinking too much.

"If I knew nobody would judge me, I would..."



7. Which speaking situations make you the most uncomfortable?

Circle all that apply.

Introducing yourself

Classroom presentations

Speaking in meetings

Asking questions

Giving opinions

Talking to strangers

Interviews

Group discussions

Speaking on camera

Public events

Difficult conversations

Saying "no"

Expressing your feelings

Other:



Which one would you most like to improve?

Why?

*"Confidence isn't the absence of fear. It's choosing not to let fear make your
—♥— decisions."*

8. Imagine yourself one month from now.

You've become much more confident while speaking.

What has changed?

How do you walk into a room?

How do you introduce yourself?

How do you express your ideas?

How do you feel?

Close your eyes for a moment before answering.

Now write about that version of yourself.

9. One Promise to Yourself

Every journey begins with one decision.

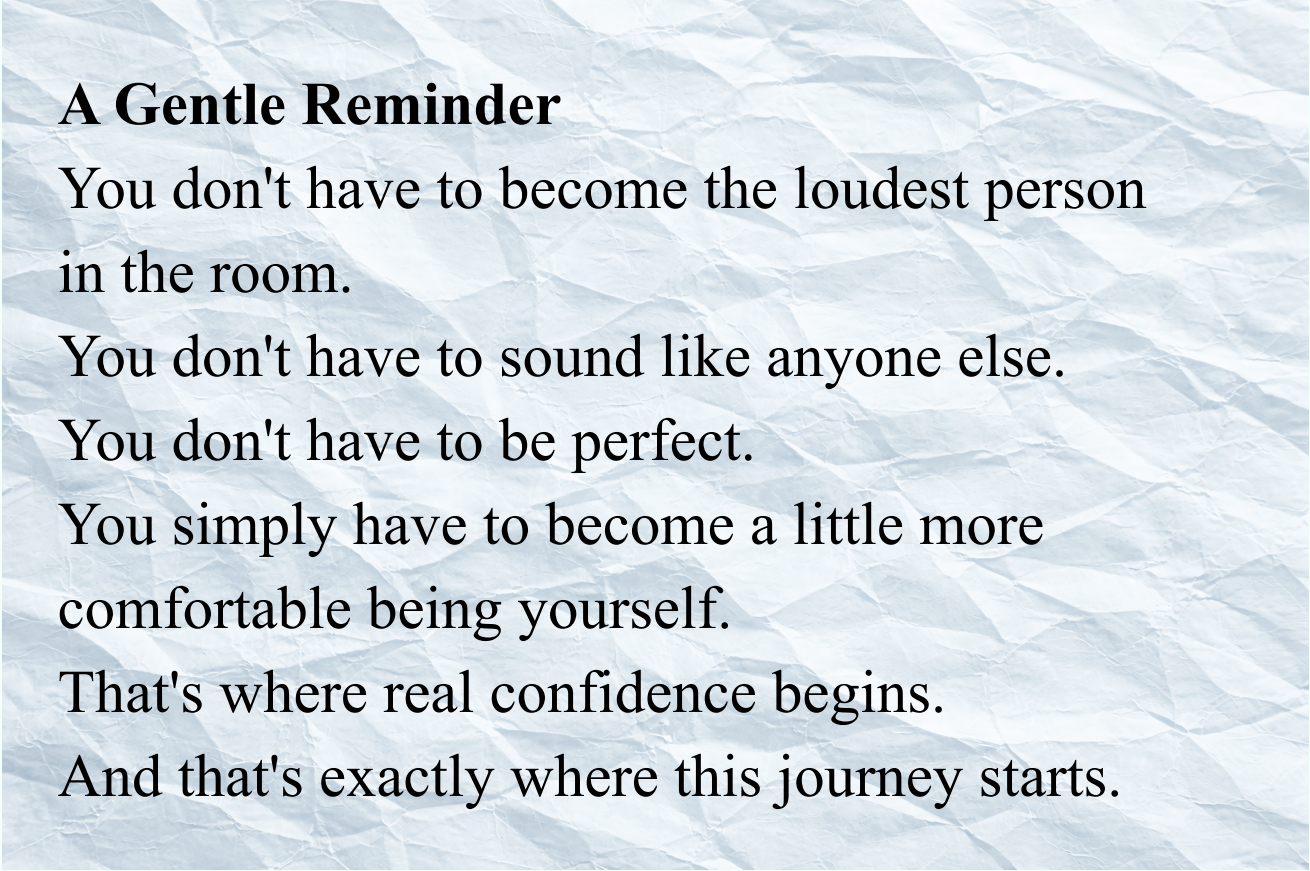
Before turning the page, complete this sentence.

During this journey, I promise myself that I will...

Sign your name below—not because anyone else needs to see it, but because this is your commitment to yourself.

Signature: _____

Date: _____



A Gentle Reminder

You don't have to become the loudest person in the room.

You don't have to sound like anyone else.

You don't have to be perfect.

You simply have to become a little more comfortable being yourself.

That's where real confidence begins.

And that's exactly where this journey starts.

Your Speaking Story.

"Every confident speaker has a story. Before they found their voice, they first had to understand it."

Take a moment before you begin.

Think about this.

Nobody is born believing that their voice doesn't matter.

Somewhere along the way, something happens.

Maybe someone laughed when you answered a question.

Maybe you were interrupted so often that you stopped trying.

Maybe you gave a presentation that didn't go the way you hoped.

Maybe someone compared you to a louder, more confident person.

Or maybe nothing dramatic happened at all.

Sometimes it's the small moments that stay with us the longest.

A teacher moving on before you finished your answer.

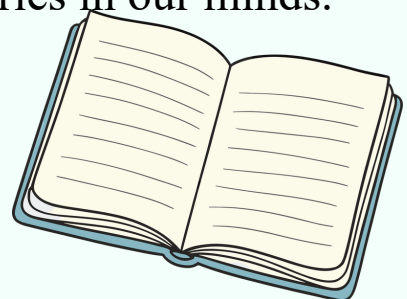
A friend speaking over you.

Being told to "be quiet."

Feeling like your opinion wasn't important.

Over time, these tiny moments can quietly shape the way we communicate.

Without even realizing it, we begin creating stories in our minds.



"I'm not a good speaker."

"People won't understand me."

"I'll probably embarrass myself."

"Someone else can say it better."

The strange thing is...

We repeat these stories so often that they begin to feel like facts.

But they aren't facts.

They're experiences.

And experiences can change.

This section isn't about finding someone to blame.

It's about understanding where your relationship with speaking began.

Because once you understand your story, you get to decide whether it's still the story you want to keep living.

Reflection 1: My Earliest Memory

Close your eyes for a minute.

What's the earliest memory you have of speaking in front of other people?

Maybe it was during school assembly.

A classroom presentation.

A family gathering.

A dance performance.

Or simply introducing yourself on the first day of school.

Describe what happened.

How old were you?

How did you feel?

Reflection 2: A Moment That Stayed With Me

Sometimes one small moment stays with us for years.

Can you think of a time when speaking didn't go the way you wanted?

Maybe...

- You forgot your words.
- Someone laughed.
- You felt judged.
- Your mind went completely blank.
- You wished you had spoken up but didn't.

What happened?

How did that experience affect your confidence afterward?

"Your past experiences explain your fear. They don't define your future." —————♥—————

Reflection 3: The Things I Tell Myself

Read each sentence slowly.

Tick the ones you've secretly said to yourself.

- ☐ I'm not confident enough.
- ☐ People will judge me.

- ☐ I'll probably mess it up.
- ☐ Someone else can explain it better.
- ☐ My voice isn't interesting.
- ☐ I get nervous too easily.
- ☐ I'm not a natural speaker.
- ☐ I don't know what to say.
- ☐ I overthink everything before I speak.
- ☐ I stay quiet because it's easier.

Now ask yourself...

Where do these beliefs come from?

Reflection 4: When Do I Feel Most Like Myself?

Not every speaking situation feels difficult.

Think about moments when speaking feels easy.

Maybe it's...

Talking to your best friend.

Laughing with your family.

Explaining something you love.

Helping someone.

Sharing a funny story.

When do you feel most comfortable speaking?

What makes those situations different?

Reflection 5: The Conversation I Never Had

We've all had one.

A conversation we replay in our minds.

The words we wish we had said.

The question we never asked.

The opportunity we let pass.

If you could go back to that moment.

What would you say today?

Write it here.

Don't worry about grammar.

Don't worry about sounding perfect.

Just let the words come.

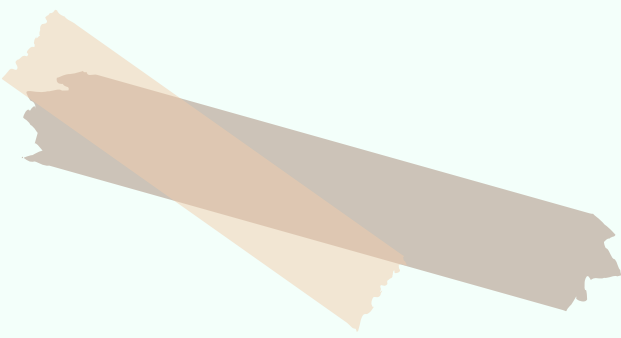
"Sometimes healing begins when we finally say the words we've been carrying for years."

Reflection 6: My Voice Today

If your voice could describe how it feels today...

Which of these words would it choose?

☐ Quiet

- 
- ☐ Curious
 - ☐ Hesitant
 - ☐ Strong
 - ☐ Growing
 - ☐ Hidden
 - ☐ Confident
 - ☐ Unsure
 - ☐ Hopeful
 - ☐ Ready

Why did you choose those words?

Reflection 7: A Letter to My Younger Self

Imagine meeting the younger version of yourself.

The one who was scared to raise their hand.

The one who felt embarrassed.

The one who believed their voice wasn't enough.

What would you tell them today?

Maybe you'd say -

"It's okay to make mistakes."

"You don't have to be perfect."

"People are listening."

"Your voice matters."

Write your own letter below.

Dear Younger Me,

With love,
The person you're becoming.

Before You Turn the Page.

Take one final moment to reflect.

Complete these sentences.

One thing I learned about myself today is...

One belief I'm ready to leave behind is...

One step I'm willing to take this week is...

Remember

Your story explains where you started.

It does not decide where you finish.

Every confident speaker has a beginning.

This is simply yours.

And beginnings are beautiful because they leave room for growth.



Pause & Reflect

Words That Stay With You

Have you ever read a single sentence that stayed in your mind for days?

Not because it was complicated.

Not because it sounded poetic.

But because it quietly described something you had been feeling all along.

Sometimes, one sentence can make us stop, think, and see ourselves differently.

That's exactly what this section is for.

These aren't quotes to simply read and move on from.

They're invitations.

Invitations to pause.

To reflect.

To notice.

To ask yourself questions you may have never asked before.

There are no right answers here.

Just honest ones.

So, as you read each quote, don't rush.

Read it once.

Then read it again.

Notice what comes up.

Because sometimes the words that make us uncomfortable are the ones we need the most.

"Your voice deserves the same space your thoughts occupy."

Take a moment.

Every day, hundreds of thoughts pass through your mind.

Ideas.

Opinions.

Questions.

Dreams.

But how many of those thoughts actually become words?

How often do you stop yourself before anyone else even has the chance?

Reflect

Have you ever stayed silent even though you had something valuable to say?

What stopped you?

If you spoke a little more freely, what might change?

"Confidence isn't speaking loudly. It's speaking honestly."

Many people believe confident speakers are always energetic, loud, and outgoing.

But think about the people who truly leave an impression on you.

Are they always the loudest?

Probably not.

They're usually the ones who speak with sincerity.

People remember authenticity far more than volume.

Reflect

When do you feel most like yourself while speaking?

Do you ever pretend to be someone you're not just to fit in?

"The world loses good ideas every time someone chooses silence over courage."

Imagine how many brilliant ideas never get shared.

How many questions remain unasked.

How many opportunities quietly pass by because someone thought,

"Maybe I shouldn't say anything."

What if your next sentence could inspire someone?

Help someone?

Change something?

You'll never know if you never speak.

Reflect

Can you remember a time when you stayed quiet but later wished you had spoken?

What happened?

"Every expert speaker once had a shaky voice."

We often compare our beginning to someone else's years of experience.

We see polished presentations.

Confident interviews.

Powerful speeches.

What we don't see are the countless mistakes, forgotten lines, nervous moments, and failed attempts that came before them.

Growth is rarely visible from the outside.

Reflect

What's one mistake you've been holding onto for too long?

If your best friend made that same mistake, what would you tell them?

Why don't you offer yourself that same kindness?

***"People rarely remember every word you said.
They remember how you made them feel."***

Think about your favourite teacher.

Your favourite mentor.

Someone whose conversations you still remember.

Can you repeat everything they ever said?

Probably not.

But you remember how they made you feel.

Encouraged.

Safe.

Inspired.

Seen.

Communication isn't about impressing people.

It's about connecting with them.

How do you want people to feel after talking to you?

Tick the words that matter most.

- ☐ Inspired
- ☐ Comfortable
- ☐ Understood
- ☐ Motivated
- ☐ Confident
- ☐ Valued
- ☐ Heard
- ☐ Curious
- ☐ Calm
- ☐ Something else:



Why did you choose these?

"Your message doesn't need perfection. It needs you."

Have you ever delayed speaking because you were waiting for the "perfect" words?

Maybe you've rewritten messages five times.
Practiced introductions in your head.
Or stayed silent because you couldn't say it perfectly.
Perfection is exhausting.
Connection is powerful.

Reflect

Where in your life are you waiting to be "perfect" before you speak?

What would happen if you simply allowed yourself to be real instead?

A Quiet Conversation with Yourself

Before moving on, complete these sentences.

Today, the quote that stayed with me the most was...

Because...

One thought I'm choosing to let go of is...

One reminder I want to carry with me is...

Keep This in Mind...

Quotes don't change our lives.

The way we choose to act after reading them does.

Maybe today, one sentence made you pause.

Tomorrow, one conversation might change everything.

And perhaps, the voice you've been waiting to discover has been yours all along.

We've All Been There

Real-Life Situations Every Speaker Can Relate To

Here's something comforting to know.

No matter how confident someone looks today, almost everyone has experienced those awkward, nerve-racking moments where words seem to disappear, confidence fades, or fear quietly takes over.

The difference isn't that confident speakers never feel nervous.

The difference is that they don't let nervousness make every decision for them.

This section is filled with everyday situations that many of us have experienced at least once.

As you read each one, imagine yourself in that moment.

There are no perfect responses.

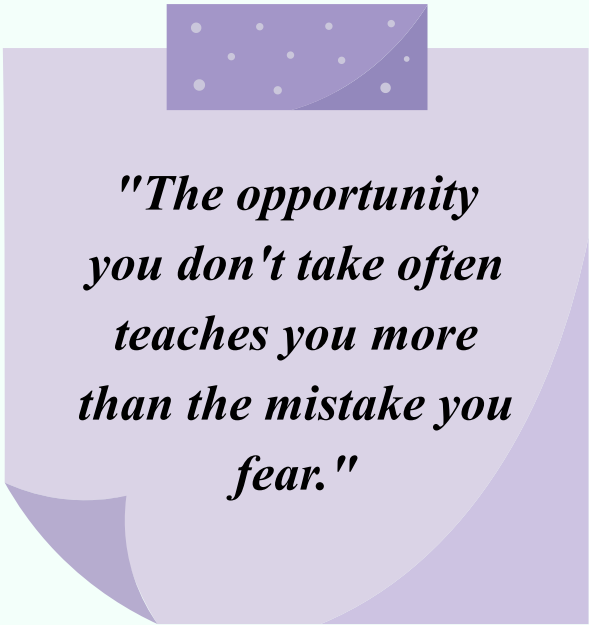
Just ask yourself...

"What would I do?"

"How would I feel?"

"What can I learn about myself?"

You might be surprised by your own answers.



***"The opportunity
you don't take often
teaches you more
than the mistake you
fear."***



Situation 1

The Hand You Never Raised

The teacher asks a question.

You know the answer.

In fact, you're almost certain you're right.

Your hand starts to move...

Then another thought appears.

"What if I'm wrong?"

Someone else raises their hand.

They give the exact answer you were thinking.

The teacher smiles.

"Correct."

For the rest of the day, you keep thinking...

"I knew that."

Have you ever experienced something similar?

How did you feel afterward?

If you could relive that moment, what would you do differently?



Situation 2

Introducing Yourself

It's the first day of a workshop.

Everyone is introducing themselves.

The first few people sound confident.

Now it's your turn.

You stand up.

You suddenly become aware of everything.

Your hands.

Your voice.

Your breathing.

You forget the simple introduction you've practiced all morning.

Somehow, you finish.

Then you immediately begin replaying every word in your head.

Meanwhile...

Everyone else has already moved on.

Do you tend to replay conversations long after they're over?

Why do you think that happens?

What would make introductions feel easier for you?

Situation 3

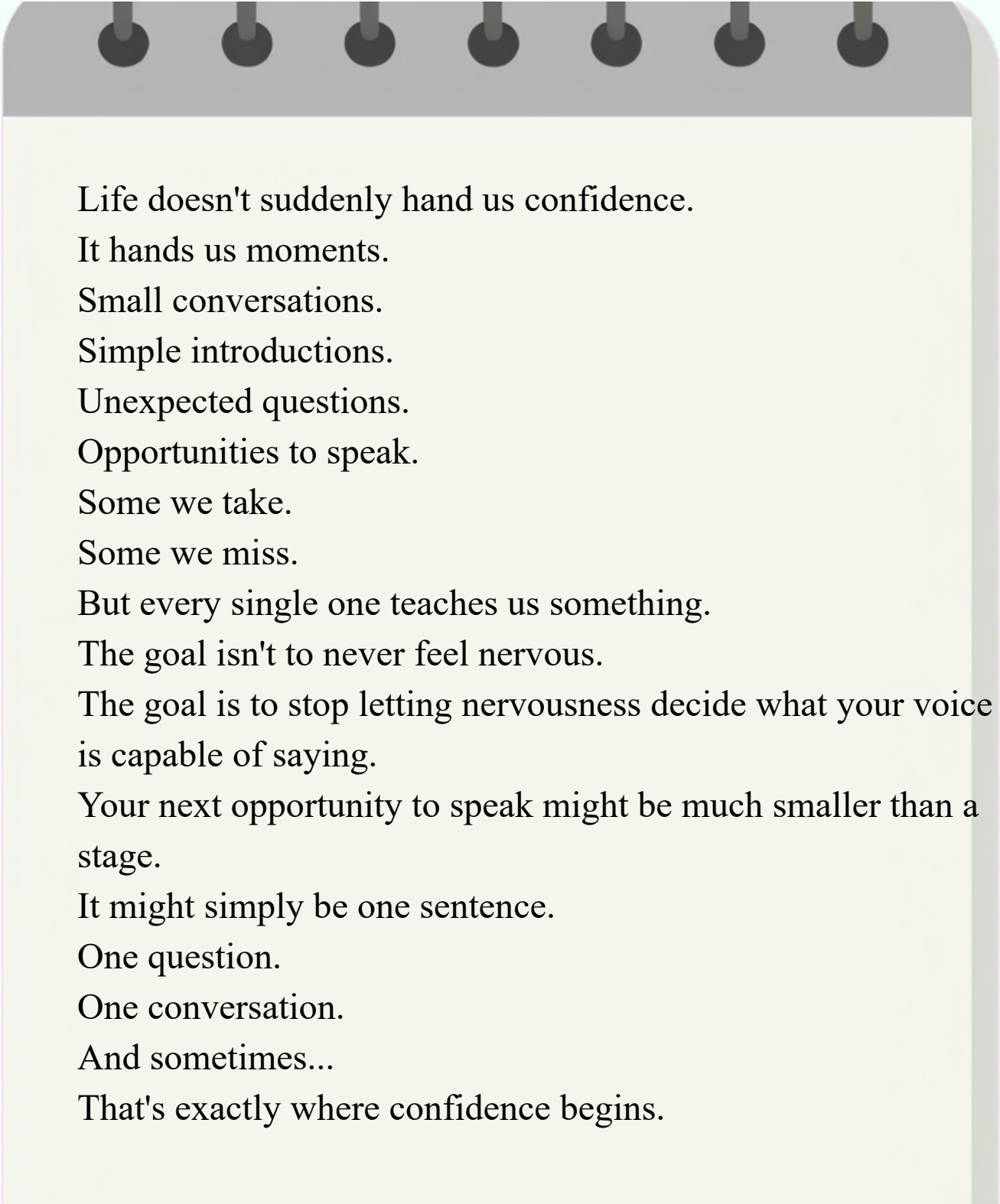
"Does Anyone Have Any Questions?"

You're sitting in a meeting.
A presentation ends.
The speaker asks,
"Any questions?"
You actually have one.
It's been sitting in your mind for the last ten minutes.
But then...
You wonder.
"What if it's a silly question?"
"What if everyone already knows this?"
You stay quiet.
As people begin leaving...
Someone asks your exact question.
And everyone nods because they were wondering the same thing.

What's stopping you from asking questions when you're curious?

What might happen if you asked more questions?

"Curiosity is never a weakness. It's often the beginning of confidence."



Life doesn't suddenly hand us confidence.

It hands us moments.

Small conversations.

Simple introductions.

Unexpected questions.

Opportunities to speak.

Some we take.

Some we miss.

But every single one teaches us something.

The goal isn't to never feel nervous.

The goal is to stop letting nervousness decide what your voice is capable of saying.

Your next opportunity to speak might be much smaller than a stage.

It might simply be one sentence.

One question.

One conversation.

And sometimes...

That's exactly where confidence begins.

