



FINDING YOUR VOICE: A CREATIVE WORKBOOK
FOR SINGERS & ARTISTS

WORKBOOK

Overcome creative blocks, gain confidence, and express yourself fully!

BY ANIC PROULX

WELCOME

Hi There!

I created this workbook to help you reconnect with your creativity, break through doubts, and sing or create with confidence. Whether you're just starting out or looking to deepen your artistic journey, these pages will guide you with gentle reflection, inspiring exercises, and practical steps to unlock your full potential. Your voice and creativity matter—let's nurture them together!

Anic Proulx

ABOUT ME

I'm Anic Proulx. As a life coach and experienced musician, I help artists, musicians, and creatives overcome doubts, unlock their true potential, and create with confidence.



WHAT'S HOLDING YOU BACK?

Every artist faces fears—fear of judgment, failure, or not being “good enough.” These doubts can keep you from fully expressing your creativity. This section will help you identify those mental blocks, understand where they come from, and reframe them into confidence and self-expression. Let’s break through the barriers and set your creativity free!



01 What fears stop you from fully expressing yourself?

02 How do you feel when you sing, play music or create?

03 What's one limiting belief you want to let go of?

Empowerment Prompt: Rewrite your limiting belief into a positive affirmation!
Example: “I’m not a good enough singer” → “My voice is unique, and I sing with confidence.”

CONNECT WITH YOUR ARTISTIC IDENTITY

Discover what defines you as an artist—your voice, vision, and the emotions you bring to your creative work.

How would you describe yourself as an artist/singer?

How do you see yourself as an artist or singer—your style, voice, and the essence of your creativity?

What inspires you?

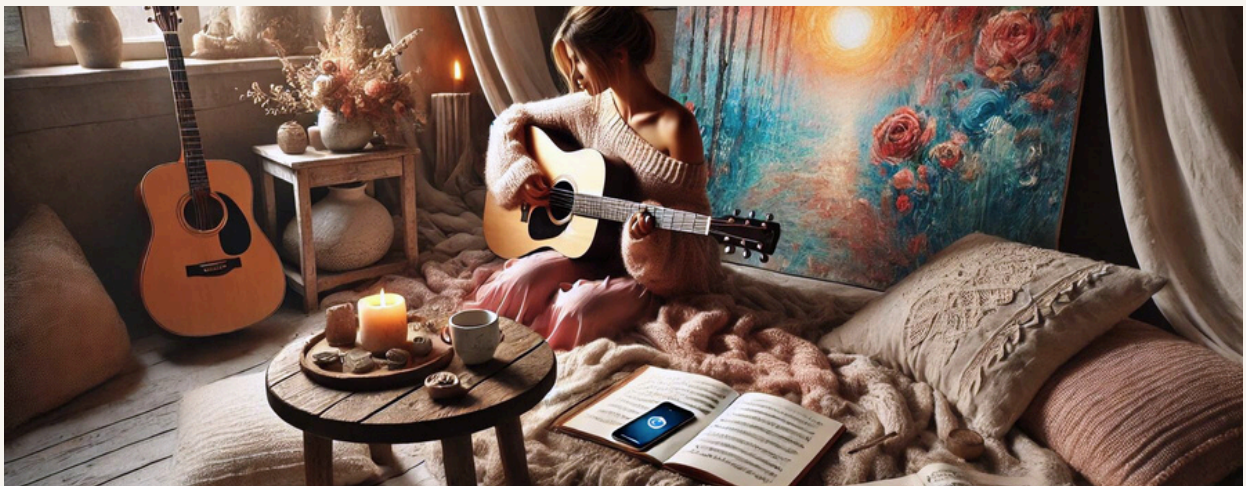
What sparks your creativity—nature, emotions, experiences, or the world around you?

What emotions do you want to express through your art/music?

What feelings do you want your art or music to evoke—joy, nostalgia, passion, or something deeper?

BONUS EXERCISE

Write your Creative Mission Statement in one sentence:
"I create because _____. Through my art, I want to _____."



DAILY CONFIDENCE BOOSTER

Simple daily practices to strengthen your confidence, embrace your creativity, and express yourself with ease

Morning
Affirmation

"My voice is strong, and I express myself freely!"

Exercise

Sing one song you love, just for you!

Mindful
Moments

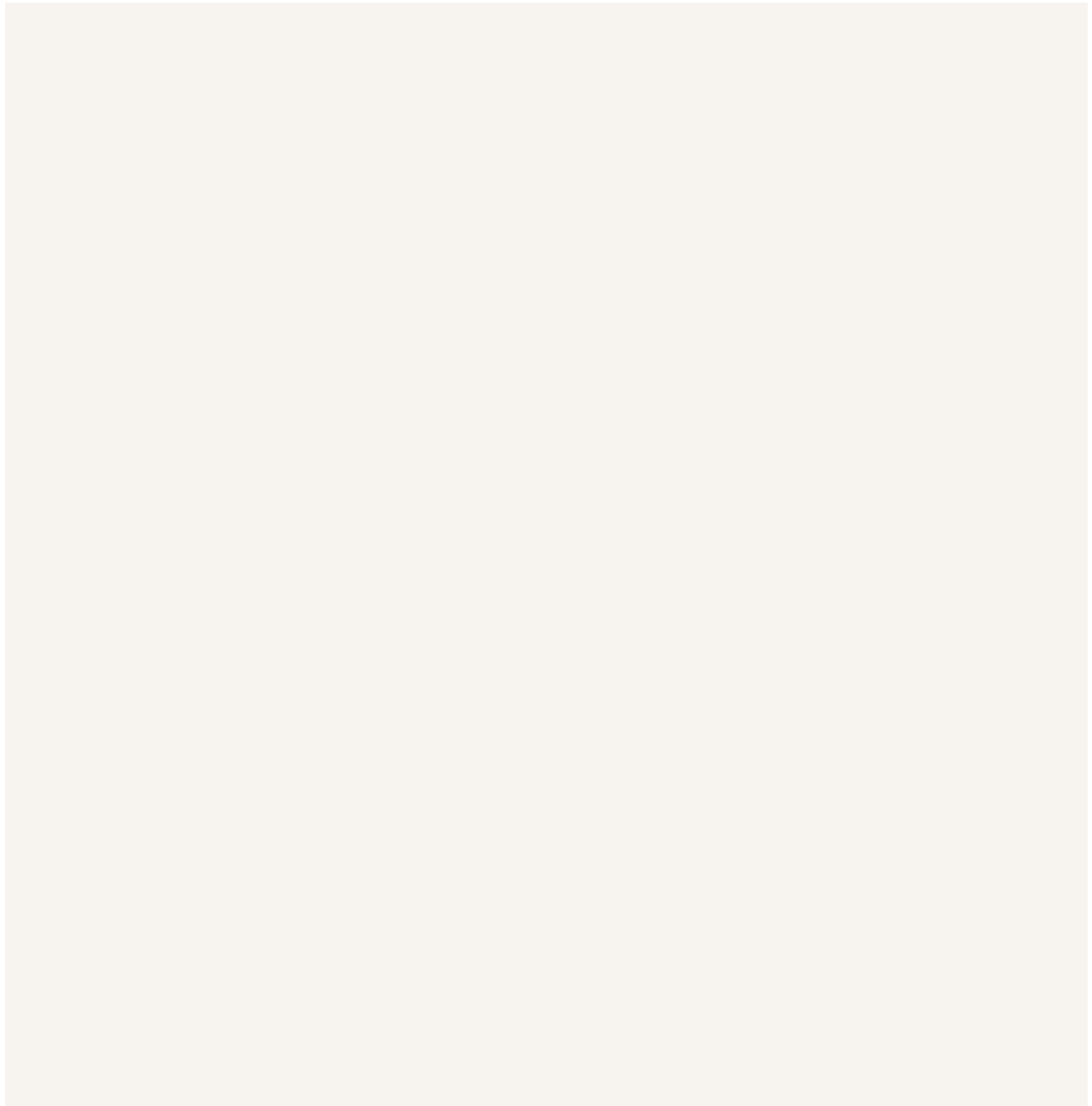
Write down one creative win each day.

TAKE ACTION!

Creativity thrives when you take small, consistent steps. It's time to turn inspiration into action!

Set One Creative Goal for This Week:

- What's one small step I can take to build my confidence?
- How will I celebrate my progress?





WANT TO LEARN MORE?



I'm so happy you took this step toward creative freedom. Want more coaching tips, exercises, and inspiration?

Book a discovery call to explore how I can support you in unlocking your creativity, embracing your unique voice, and creating with joy and confidence.

[SCHEDULE A FREE CALL](#)