

# I know how to speak up

## **I know how to speak up.**

I know how to be heard. When I speak up, I hear the truth from within my heart, and it comes out through me.

My inner wisdom guides me to share my truth with love. My inner wisdom is always right.

**I trust my intuition. I trust my feelings.** I have an innate sense of what is true.

The universe shows me my truth, and I receive guidance from the universe. I use positive affirmation phrases like "Yes! That makes perfect sense!" when sharing my experience with the universe.

**I let go of the fear of rejection,** and I release old beliefs that say I may be misheard or misunderstood.

I speak my truth as I feel it. I speak it from my soul. I speak it from a peaceful place inside. I speak it with conviction and trust.

I use my own unique style of communication. I speak clearly and concisely. I focus on using my strengths.

## **My voice is an instrument of the**

**heart.** My messages come from a place of compassion. My voice resonates from a place of deep lovingness consistent with who I am, and I speak with humility and unconditional compassion.

I speak honestly. I speak from my truth. I speak from my heart. I speak with respect.

Today, I speak my truth with love and in alignment with my highest values. **I speak with sincerity and integrity.** I speak from a place of pure love and acceptance.

## **Self-Reflection Questions:**

1. What does my intuition tell me?
2. How am I experiencing my feelings today?
3. Where does my honesty come from - is it a place of love?