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I speak easily, with confidence and poise. I patiently wait for my turn to speak, but when I speak, I speak with a high level of confidence. Each word that leaves my mouth boosts my confidence further. Every breath I take results in a greater feeling of calmness.

I remain calm during all social situations. Regardless of the circumstances, I can remain confident and relaxed. Even the most stressful situations are easy for me to manage.

I can maintain my composure in any environment. My demeanor and choice of words demonstrates this fact. I am known for my level-headedness.

I speak calmly and confidently at work.

I shine during my communication opportunities at my job. I choose my words carefully and deliver them tactfully. **I feel comfortable speaking with my employees, peers, and boss.**

I treat everyone with respect, and this is

part of the reason I am so comfortable. There is nothing to fear when I have positive intentions.

I stand tall and look others in the eye when I am speaking. **I am an amazing speaker and communicator.** My body language exudes confidence and charisma. People can sense my strong character.

Today, I feel comfortable while speaking to everyone I meet. Inspiring words flow easily from my lips. I speak with calmness and confidence.

Self-Reflection Questions:

1. When do I feel most confident communicating? Why?
2. When do I feel least confident communicating? Why?
3. How would my life change if I felt more relaxed and confident whenever I spoke with others?