

WEEK 23

The Power of Your Voice



“Change from within. To do that, you have to know yourself. You must look within and know what’s right for you. You have to be capable of drowning out the other voices and listen to your own.”

—Maria

You have your own distinct voice that’s uniquely your own. It’s super important to know how to use it, and when and where to use it. Do you recognize your voice? How are you using it? If you don’t feel that you are, what’s keeping you from speaking up? What’s preventing you from being heard—be it at home, in the workplace, or in the world? Your voice is important, so get to know it. If it feels like work, know that writing will give your voice strength.

MIDWEEK REFLECTION

How are things going for you this week, so far? What more can you do this week to focus your intentions and move forward on your path to a meaningful life?

MY YIPPEE! MOMENT OF THE WEEK . . .

What brought you joy or made you smile this week?
