

#31 – THE POWER OF SILENCE GUIDE

Five questions to help you use silence as strength, clarity, and protection.

Silence isn't avoidance.

Silence is choice –

and choice gives you options.

1. What truth becomes louder when I stop speaking?

Silence amplifies clarity.

Your thoughts: _____

2. Am I staying silent to protect myself or please someone else?

The motive matters.

Your thoughts: _____

3. What would happen if I didn't respond right now?

Most conflicts dissolve without your participation.

Your thoughts: _____

4. Does silence create peace here, or does it create distance I'll regret?

This is how silence becomes wisdom instead of avoidance.

Your thoughts: _____

5. What would my higher, grounded self choose in this moment – words, or silence?

Sometimes silence is the boundary you are setting.

Your thoughts: _____

FINAL REMINDER:

Silence isn't empty.

It's full of information.

Listen.