

My opinions are important

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My voice matters. What I believe matters. I have the freedom and the courage to share my opinions with everyone in my life.

I am willing to share my opinions with the world. **The world becomes a better place when I reveal my thoughts and beliefs freely.**

I am intelligent and kind. My opinions have the power to bring about great things.

I am confident that my opinions need to be heard. I have a lot to add to the world and to any conversation. People need to know what I think. I am wise and unique. My opinions matter.

Others are more likely to give me what I want and need if I am willing to tell them what I desire. They understand me better if they know what I think.

Withholding my opinions hurts me and everyone around me. I feel obligated to tell others what I think.

I know when to keep my opinions to

myself. Some things are better left unsaid. Hurting someone's feelings is rarely justified. However, I am willing to provide an unpopular voice if necessary.

My ego can withstand negative comments regarding my opinions. **I am strong enough to speak my mind.**

Today, I am excited to share my opinions with others. My opinions are important, and I feel comfortable letting others know what I think.

Self-Reflection Questions:

1. How has withholding my opinion hurt myself or others in the past?
2. Why am I hesitant to share my opinions?
3. If I shared my opinions more frequently, what would be the likely outcome?

