

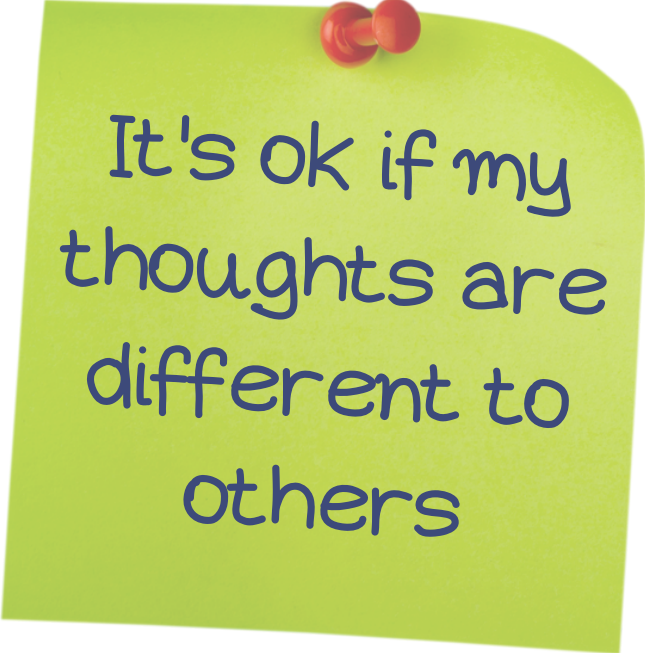
Finding Your Voice Affirmations



People like
to hear my
thoughts



It's safe to
speak up &
share my
feelings



It's ok if my
thoughts are
different to
others



The more I
speak up the
stronger I
feel