

# Confidently

## FINDING YOUR VOICE



Practice daily affirmations to reinforce your worth.



Read books or listen to podcasts about assertiveness and communication.



Write in a “truth journal” to explore your beliefs and values.



Avoid overexplaining—your voice doesn’t need justification.



Speak up in low-risk environments (e.g., small groups, online communities).



Challenge yourself to share one opinion or idea per day.



Join groups or communities that support growth and open dialogue.



Prioritize rest and self-care—it’s harder to speak up when depleted.

## REFLECTION

- What situations make me feel most silenced, and why?
- Whose voice influenced mine growing up—and what did it teach me?
- When have I spoken up and felt proud? What made it possible?
- What relationships or environments support my voice? Which ones stifle it?
- What would change in my life if I started using my voice more boldly?

## CONSIDER COACHING

Ready to grow, gain clarity, and use your voice with confidence? Coaching offers the support, strategy, and accountability you need to move forward. Let’s journey together—your breakthrough begins with one bold yes. Let’s meet for a discovery call to chat more.

[www.TheRealNicoleSteele.com](http://www.TheRealNicoleSteele.com)

