

10 CHARACTERISTICS OF AN EMPOWERED VOICE

SPEAK



1 People can easily hear and understand my voice.

2 I use my whole body when I speak.
For Example: making eye contact and using my hands to gesture

I understand how my body creates my voice. 3

4 I am not ashamed to use my voice.



5 My voice is mine and belongs to me.

6 I feel safe using my voice to share my feelings and ideas.

My voice has the power to make a positive impact for myself. 7

8 My voice has the power to make a positive impact for others.

9 I use my voice to speak my truth.

10 I use my voice with responsibility and courage.