



Owning Your Voice & Cultivating Your Truth: The Power of Self-Expression with Melissa Kathryn

"What I know for sure is that speaking your truth is the most powerful tool we all have." - Oprah

"The most courageous act is still to think for yourself. Aloud." - Coco Chanel

***"When we deny our stories, they define us.
When we own our stories, we get to write a brave new ending." - Brene Brown***

1. Write Your Story: This is different than writing the story you want to step into. Instead, I want you to write your story for how you got here, from the perspective of absolute gratitude as you connect the dots for how God, the universe has lined up your life perfectly to support your dreams coming true with absolute ease.

Ex: I am incredible and exactly where I'm supposed to be, and my life up until now, I see how EVERYTHING has supported me for the life I'm stepping into and all my desires are on their way to me - connect the dots of your life from a place of love, excitement and inner knowing and then use your history, your past as

2. Use your voice:

Part 1: This week, and throughout this course, practice using your "big girl" voice, speaking from your womb as you learned in today's class and asking for what you want without apology or explanation.

Part 2: Journal the times you use your voice and how it feels. Notice how it feels in your body, how it is received. Know that the more you do it the easier it becomes and truth telling becomes your most powerful superpower and saves you from anxiety, indecision and self-doubt.