

I celebrate my voice.

I am thankful I have the freedom to express myself in any way that I choose.

I recognize that the world is full of opinions, and mine is valuable.

I speak my mind and tell people what I believe. I listen to others, and we share each other's ideas. I recognize that everyone is equal, and we debate with each other.

I am thankful that I can express myself.

I know I am intelligent and creative and deserve to speak and vocalize how I feel. I know I have so much to give to the world, and I am responsible for making my dreams happen.

The only way my voice will be heard is by pushing hard and motivating myself to realize my dreams and achieve my goals.

I know I hold the brush that allows me to paint my picture. I hold the microphone that allows me to speak my mind and tell my story.

I know that people want to listen to what I have to say. I have supportive, friendly, and loving people around me, and I know people are on my side.

I understand that I am responsible for being kind, thoughtful, and sensitive. I am wise and can spread positivity, hope, and love through the power of my words.

Today, I celebrate my voice. I know that I am worthy of love and that my opinions matter. I celebrate my freedom to express myself and be open, honest, and authentic.

The page is framed by a decorative border. On the left, a thick green brushstroke curves down. The top and bottom edges are decorated with stylized flowers in pink, blue, and green. A pink swirl is in the top right corner. On the right side, there are green and pink geometric shapes. At the bottom left, there are three pink circles and a green flower. At the bottom right, there are green horizontal bars.

Self-Reflection Questions:

1. Am I expressing my opinion in a supportive and loving way?
2. Am I allowing my voice to be heard?
3. Am I being kind and supporting others?