

# What I say matters

## What I say matters.

My opinion is important. My voice matters in the world. **There are people that need to hear what I have to say.** I am doing them a favor by saying what needs to be said.

I choose my words carefully, because what I say matters.

I regularly work on enhancing my communication skills, so I can effectively communicate my ideas and opinions. The world needs to hear what I have to say, so I want to say it as well as I can.

I choose my words carefully when I speak to myself. I am my number one audience. The words I say to myself matter immensely. **I can help myself or hurt myself with my words.** What I say matters, even if I am only saying it to myself!

I have an important voice in the world. It is important that I share what I think. My opinions are valuable. Others are interested in my opinions and beliefs.

**Words have the power to heal, inspire, or cause harm.** I want to be a positive force in the world and use my words to the benefit of myself and others.

Today, I choose my words carefully. I share my opinions with those that need to hear them. I remind myself that what I say matters.

## Self-Reflection Questions:

1. What do I need to say that I haven't been saying? To whom do I need to say it?
2. How can I strengthen my communication skills? What would change in my life if I could communicate more effectively?
3. How can I speak kinder to myself? What should I be saying?