

# A Self-Discovery Journey to Speak Your Truth

**Encouragementology®**  
*the practice of instilling hope*

## Explore the internal and external factors that make it hard for you to speak up.

- What situations trigger your silence?
- What fears show up when you consider saying what you really feel?
- Who in your life makes it easier—or harder—to be honest?

[illegible]

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- When was a time you trusted your gut and were right?
- What are three qualities you bring to conversations that matter?
- What would it look like if you gave your voice more credit?

[illegible]

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**Let's practice saying no without guilt and protecting your energy.**

- What does a healthy boundary look like to you?
- How do you usually feel after saying yes when you wanted to say no?
- Create a boundary script: "When \_\_\_ happens, I will \_\_\_."

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**Unpack where your guilt is coming from and reframe it as a growth opportunity.**

- Who are you trying to protect by softening your truth?
- Is guilt telling you something is wrong—or just that something is new?
- What would it feel like to choose growth over guilt?

[illegible]

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## Map out real ways to start using your voice—today.

- Where in your life do you need to speak up more?
- What is one small truth you can share this week?
- How can you support yourself in doing it—without apology?

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# Find Your Voice—Without the Guilt Trip

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### REFLECTION

**Take a moment to look back over your week and write freely.**

- What surprised you? Challenged you? Empowered you?
- How has your relationship with your voice shifted, even slightly?
- What's one commitment you're ready to make moving forward?

