

Courage Igniter Session:

Courage to Speak Your Truth



Session 1

One of the most important things we can do in life, for ourselves, for others, for society is to find our voice and speak our truth.

Whether in our relationships, speaking up for our health, voicing our beliefs, standing up for others, speaking out against groups filled with hate and violence, whether speaking FOR others who do not have the same freedoms, sharing your story, your journey in business or in life... to build up others, to help others see they are not alone.

This is the power that comes from having the courage to speak up and speak your truth!

I am done with editing or censoring my truth because I am afraid of what others might think, what judgments may be placed on me, how I might make others feel. It is time for us as women to have our voices heard whether that is in our relationships, in our communities, in politics, with our neighbours, with our children, with the education system, with world issues, with our businesses and workplaces... **our voices are SO needed.**

With all of this knowing I also know there are deep beliefs and moments in our life that have us believing we need to stay quiet, our voice doesn't matter, if we are too loud we will hurt someone else, our values and point of view are not needed... but it is time for us to shift these beliefs and step fully into our truth so we can courageously speak up and speak our truth!

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Courageous Visualization and Journalling Exercise:

Think back as a little girl when you were first silenced or told to be quiet or that what you had to say was not ok or important or you were judged for what you believed or shared.

When were you first told it was not safe or ok to speak your truth?

Describe the moment you remember in detail:

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How did this moment make you feel?

What belief do you have around speaking your truth...will you hurt someone else, will you not be able to take it back, will someone disagree with you, will it bring on contention, will you be shamed or judged for it...

How has this belief kept you silent in your life?

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How would it feel to Speak Your Truth?

When is a time recently that you really wanted to speak up but didn't because of the fear and belief you have had?

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Old Belief	How It Has Held Me Back	New Truth	How This Will Help Me Soar

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Go back to that little girl now and write what you would tell her about that moment when she was told it was not ok to speak her truth, speak to her back in that moment sharing everything you wished she had known, allow her to know it is safe, it is needed, she is loved.

As you read your words to that little girl, remind yourself this is YOU, this is what you need to hear right now each time you feel you need to speak your truth.

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Courageous Action + Dare:

What is ONE way you are going to speak your truth in any area of your life, relationships, the world and issues, in business or at work:

I Dare myself to:

In your circles:

Fear (what fear came up for you around speaking your truth)

Truth (take from what you shared with your younger self and write a new truth around speaking up)

Dare (share the specific way you will speak your truth in your life... when, where, with who and how)

Speaking Activity:

Share one truth you wanted to share with your younger self, that you wrote down which you feel called to share with the group. Stand up and speak from the heart, I can almost guarantee that one of your other Courageous Sisters needs to hear that message too!