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THE BENEFITS OF SPEAKING YOUR TRUTH

1. Feeling free to be yourself
2. The ability to laugh, play, and experience joy
3. Embracing your limitless inner nature
4. Embracing your personal power
5. Embracing your gifts and the ability to share them with others
6. Experiencing intimacy within healthy relationships
7. Mothering yourself with kindness
8. Positive Self-Talk
9. Honoring your own opinion
10. You acknowledge your worth
11. You enjoy self-acceptance
12. The ability to ask for what you need without guilt, fear, or shame
13. You do not allow verbal abuse (accept untrue negativity that bruises your soul)
14. You feel comfortable in a group conversation
15. Your emotional, spiritual, and physical well being
16. You trust your decision making
17. There is no more fear of failure or visions of judgment and criticism
18. You can dance like no one is watching
19. You are connected to self, trusted others, something greater than yourself
20. You want the best for yourself and others
21. You no longer receive a “no” as a rejection
22. You see the world as a positive place
23. You recognize yourself as an important person