

I share my story

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I have the courage to share my story. I believe that my life counts.

I build my confidence when I talk honestly about myself. I see how much I have to contribute. My information and insights can help others to overcome similar challenges. I feel gratified by the positive feedback I receive.

I deepen my understanding of myself. I examine the events in my life, and how they bring me to where I am today. I discover underlying truths when I reflect upon what I have been through. I clarify my thoughts and feelings. I notice which choices work for me, and which work against me.

I use my increased awareness to leverage my strengths and identify areas where I want to grow. I break free from old patterns and set new goals.

Sharing personal information helps me to feel more connected. I find that others, too, have sometimes faced my same situation. Telling my story is also one way to offer inspiration and encouragement. Others can

benefit from what I have to say.

Allowing myself to be vulnerable strengthens my relationships. I am seen and loved for who I am. I am rewarded with affection, trust, and intimacy.

When I tell my story, I promote healing. I accept myself as I am. I enjoy my authenticity. My story gives me hope. I know that I have so much to live for.

Today, I find my voice. I tell my story.

Self-Reflection Questions:

1. Why is my story worth sharing with others?
2. What are three words I would use to describe my story?
3. What is one thing I can do to feel more comfortable talking about myself?