

My opinions matter

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I am free from the inhibitions that prevent me from sharing my opinions. My thoughts matter, and I am happy to share them with the world. I have strong opinions on many subjects.

I know my opinions are important.

I deserve to be heard. I have knowledge and experience that helps others. I am glad that I can share it with the world.

I acknowledge that my opinions change. I learn new things, encounter new people, and have new experiences. All of these things influence me and my thoughts. However, my opinions still matter, even if they change from what they once were.

I speak up and share my ideas.

I am free from fear and ignore negativity. I am able to share my opinions without worrying about judgment or criticism from others.

My opinions often differ from what others think. However, I am able to listen to their

thoughts and respect their choices. I avoid unnecessary conflict and refuse to feel any animosity toward them.

I have the right to share my opinions. I have the freedom to voice my concerns or distribute my ideas. I stay true to my values and goals as I discuss my opinions.

Today, I freely share my opinions and speak my mind. I am free from fear and am grateful to spread my ideas.

Self-Reflection Questions:

1. How can I respect the opinions of others and ensure they also respect my thoughts?
2. What can I do to reduce conflict or arguments as I share my opinions?
3. How can I share my opinions with more people and reach more minds?