

# I speak with confidence and authority

## **I speak with confidence and authority.**

I show and feel confidence when I speak. I have an enjoyable voice and an impressive vocabulary. I believe that verbal communication is an important skill. I make the effort to increase my communication skills each day.

Others listen intently to the things I say. **My presence commands attention.** When I speak, people listen. Everyone is interested in my thoughts.

I feel comfortable sharing my opinions openly.

I am considered an authority on many topics. This gives me the confidence to speak my mind. I enjoy public speaking and feel comfortable speaking in front of a large audience. I have mastered a wide range of communication skills.

Socializing comes naturally to me. I find parties and other social functions to be fun and relaxing. I love to share stories and entertain others.

My words come to me quickly and easily. I

know the right thing to say at the right time. If I am ever at a loss for words, I know I can recover quickly. I feel even more confident when this happens.

**The more I speak, the more confident I become.** I view each day as a chance to further enhance my speaking skills.

Today, I approach all speaking situations from a place of peace and confidence. I speak with authority and command the respect I deserve. I use my words to enhance my life.

## **Self-Reflection Questions:**

1. In what areas of my life do I speak with the least confidence?
2. How can I learn to be more confident when I speak?
3. Does my body language convey confidence and authority? How can I look more confident?