

**INSTRUCTIONS**

- 1. Write in the left column of the table 2-3 goals you would like to achieve and share. One in each space, guide yourself by the example.
- 2. Think about those fears, doubts, or insecurities that your Challenging Voice can tell to prevent you from reaching your goals.
- 3. Think about what your True Voice would say to counterattack each statement of the Challenging Voice.

**PRINTABLE CHART:**

Advocating for my Goals

<b>I WOULD LIKE TO...</b>	<b>MY CHALLENGING VOICE SAYS:</b> (Doubts, fears, and insecurities)	<b>MY TRUE VOICE SAYS:</b> (Encouraging, trusting, and loving)
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