

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

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