



The power of you, your message and your purpose

You know you have something to say you can't not say it. You know your life experiences have made you realise that despite everything you've been through you can love yourself, get out of the war in your mind and help others too

Fear is holding you back but you know you have to beat it to get your message, your voice out there because it's going to change lives

The purpose of these questions is to remind you that what you have to say and you are powerful

1. What's your message? What do you stand for? Why?
2. Why is it important to get your message out there to those who need to hear it?
3. How is it going to benefit them?
4. How is it going to benefit you?
5. How is it going to benefit the world?
6. What will happen, how will you feel if you don't get your message out there to those who need to hear it?