

## **31 Days of In-powering Voice Affirmations**

### **Day 1**

I have a strong, resonant, and supple voice.

### **Day 2**

*My joyful work is to voice the vision that rises within me as inspiration from Divine Consciousness.*

### **Day 3**

My voice holds within its warm tones compassion for myself and for others.

### **Day 4**

*I use my voice daily for the good of all.*

### **Day 5**

My outer voice is clear in sound and my inner voice is clear in mind.

### **Day 6**

*My voice embodies every nuance and unique expression of who I am.*

### **Day 7**

Every breath I take supports my voice and connects my own resonance to the resonance of every living thing in my world.

**Day 8**

*No person, place, or condition can detract from my ability to speak creatively and passionately unless I give them permission to do so.*

**Day 9**

By exploring and transforming my own voice and unique expression, I allow a pathway to open for others to explore and transform their own voice and unique expression.

**Day 10**

*My voice contains all the rich experiences that constantly renew my life.*

**Day 11**

My voice expresses with joy and love all the wonders of my life, and transforms all those experiences which were hurtful or painful.

**Day 12**

*My voice is an intersection point for all expressions of a spiritual, emotional, physical and mental nature.*

**Day 13**

My voice has within it the full presence, light, and charisma that truly represent the deepest expression of who I am.

**Day 14**

*It is completely safe and appropriate for me to express all my emotions.*

**Day 15**

It is completely safe and appropriate for me to express all my creative ideas.

**Day 16**

*Within me is a universe of thought and sound and feeling and I joyfully explore all facets of that universe through the instrument of my voice.*

**Day 17**

I came into this world to express who I really am and a grounded and fully present voice is my birthright by divine gift.

**Day 18**

*My voice is an intersection point for the power of the mind, the power of the heart and the power of Infinite Spirit.*

**Day 19**

The more I speak in integrity, the more those around me accept me as I really am, an individual emanation of Divine Consciousness.

**Day 20**

*Though my voice can be affected temporarily by my mood, by stress, by illness or other outside factors, who I am at my core is bedrock.*

**Day 21**

Every day I notice my voice becoming more and more grounded, present, easy and flexible.

**Day 22**

*The people around me are calling forward the best expression of who I am, the most co-creative ideas, and my most impassioned speaking.*

**Day 23**

If I say something that I regret, I can easily and gracefully ask for forgiveness, knowing that it brings me closer to the essence of my being.

**Day 24**

*I am comfortable walking into any room knowing that my voice my power and my presence are completely aligned.*

**Day 25**

When I fall into telling an old dis-empowering story, I can course correct to my new story of empowerment.

**Day 26**

*My voice sings with all the enthusiasm, excitement and wonder of a young child.*

**Day 27**

My voice sounds and feels like the authentic ME.

**Day 28**

*My voice is a powerful instrument by which I express all my unique and sacred gifts.*

**Day 29**

My voice in its natural state contains all the qualities of love, compassion, curiosity, and enthusiasm.

**Day 30**

*I find my power as I find my voice and I find myself in the silence between the sounds.*

**Day 31**

I am here to feel, to express my voice and creativity, and to be fully alive with joy and purpose.

All affirmations written by Katherine Scott

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