

Talk to Yourself...Out Loud

Presented by Joyce L. Kyles



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How many times have you heard that it's alright to talk to yourself - as long as you don't answer back?

We're always told to 'walk it out'.
Today, let's TALK it out!

Talk to Yourself...Out Loud

Would you recognize your own voice if you heard it...for your OWN needs?

Timid, unsure, confident, ambitious, traumatized

YOUR voice matters. How you hear yourself will lay the foundation for how others hear/perceive you.

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Why do we always remain silent?

- Fear of being labeled angry?
- Conditioned to stay in the background?
- We'll make time for our dreams later?
- Our thoughts don't matter or make sense to others?

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DAILY AFFIRMATIONS

TYPES OF AFFIRMATIONS - SPECIFIC

Scriptures - Bible, Quran, Daily Bread, Spiritual Books/Apps (Audible)

Health - Fitness Mag/Books, Videos, Photos (Angela Bassett)

Local fitness coaches/trainers, Cooking shows

Finances - Black Enterprise, Inc., Forbes, Local Philanthropists

Special Occasions - Wedding, Funeral, Graduation, Empty Nester

New Business, Writing a book,

etc...

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DAILY AFFIRMATIONS

JOYCE-FIRMATIONS

SPECIFIC-Moving to A New City

REFLECTIVE-Homeless, Illness, Loneliness

INSPIRATION-Speaking/Writing/Training Internationally

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DAILY AFFIRMATIONS

Don't just THINK them.
SAY them!

Execute with Discipline & Consistency!

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VISION BOARDS

Traditional

Sizes: Large or small poster boards

Types: Financial, Health, Vacation, Foam, 3D

Supplies: Michaels, Hobby Lobby, Dollar Tree, Family Dollar

Apps/Digital

My Vision Board; VISUAPP; Subliminal Vision Boards-Free Trial

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Journaling

Traditional

Sizes: Large or small notebooks

Types: Plain/Blank; Pre-filled w/lines or suggestive questions;
Scripture or Motivation Quotes; Pictures

Supplies for your cover: Michaels, Hobby Lobby, Dollar Tree, Family

Dollar

Apps/Digital

Day One Journal; Diaro-Diary, Journal; Pursue Journal and Bible

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Counseling

Why do I need it?

Mental and Physical Health

Personal/Professional Development - Hear the stages of your vocal growth

Local and National Resources - Based on Area(s) of Need

Ex. Domestic Violence, Grief, Divorce

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Other Places to be heard...

Friends - Be Selective

Family - Be Selective

Clergy - Be Selective

Coach - Be Selective

BE SELECTIVE!

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How to be YOUR Sister's Keeper?

Complete activities together - In Person or Virtual

Pair up or groups of 10 or less

Zoom, WebEx, Go to Meeting

Accountability without judgment

Celebration Station

Create a "Wall of Fame" with Accolades of those close to you to remind
YOU and THEM of how much they've done

www.joycekyles.com



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Walking Into A New Life