

# Claim Your Voice ~ Claim Your Power

## Keys to Confidence

---

	Voice	Power	
<b>Spiritual Mind</b>	Engage Unique Gifts	Engage Creative Intent	Conscious Awareness
	<ul style="list-style-type: none"> <li>• Release Obligation</li> <li>• Clarify Life Purpose</li> <li>• Speak Your Truth</li> <li>• Live from Heart</li> </ul>	<ul style="list-style-type: none"> <li>• Release Negative Focus</li> <li>• Declare Your Intent</li> <li>• Align Solution Vibration</li> <li>• Trust the Process</li> </ul>	
<b>Presence</b>			
<b>Physical Body</b>	Engage Physical Resources	Engage Emotional Energy	Energetic Access
	<ul style="list-style-type: none"> <li>• Release Nervous Energy</li> <li>• Ground Your Body</li> <li>• Breathe Fully</li> <li>• Be Loud</li> </ul>	<ul style="list-style-type: none"> <li>• Release Limiting Beliefs</li> <li>• Clear Heavy Energy</li> <li>• Clarify Perceptions</li> <li>• Accept Reality</li> </ul>	
<b>Projection</b>			

### ***Claim Your Voice ~ Claim Your Power: Keys to Confidence***

*Coaching ~ Workshops ~ Presentations ~ Patty Shortreed, B.COMM, MSOD*

1219 12 Street SW Calgary, AB Canada T3C 3W9 P: (403) 229-9321

E: [info@ClaimYourVoice.com](mailto:info@ClaimYourVoice.com) Website: [www.ClaimYourVoice.com](http://www.ClaimYourVoice.com)