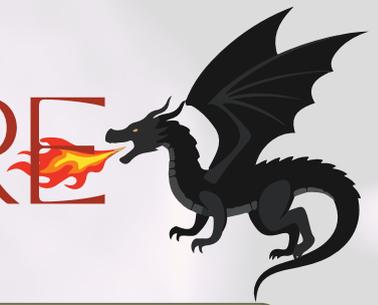


# SHE SPEAKS FIRE



## *The Unfiltered Voice Ignition Worksheet*

**THIS IS NOT JOURNALING FOR JOURNALING'S SAKE,  
ITS RECLAIMING WHATS BEEN LOST.**

**YOU WERE NEVER QUIET BECAUSE YOU WERE SOFT, YOU  
WERE QUIET BECAUSE IT WAS SAFE.**

**THIS WORKSHEET IS FOR THE MOMENT YOU DECIDE SAFETY IS NO  
LONGER THE GOAL.  
TRUTH IS.**

**DO THIS ALONE.  
DO IT HONESTLY.**

**DO NOT REREAD YOUR ANSWERS TO MAKE THEM SOUND BETTER.**

**YOU WILL GET OUT OF THIS WHAT YOU PUT IN.**

**READ THE PROMPTS - THINK ON THEM, GIVE YOURSELF MORE  
THAN A WEEK TO COMPLETE THIS WORKSHEET. ALLOW YOURSELF  
TO REALLY DIVE INTO MOMENTS THAT MADE YOU FEEL SMALL.**

**THIS IS FOR YOU.**

**YOUVE BEEN WAITING FOR YOURSELF TO COME BACK TO  
YOU; THIS IS YOUR TIME.**

**ARE YOU READY TO MEET YOURSELF AGAIN?**

**ARE YOU READY TO SPEAK FIRE?**

# SHE SPEAKS FIRE



*Where Your Voice Was Taken*

*Write without thinking, let the pen flow without judgement.*

**I LEARNED IT WAS UNSAFE TO SPEAK WHEN I WAS:**

\_\_\_\_\_ **YEARS OLD**

**THE FIRST TIME I SWALLOWED MY TRUTH INSTEAD OF SAYING IT WAS:**

**THE PEOPLE WHO BENEFITTED MOST FROM MY SILENCE WERE:**

**THE PART OF ME THAT LEARNED TO PERFORM INSTEAD OF SPEAK IS CALLED:  
(EXAMPLE: THE PEOPLE PLEASER, THE GOOD GIRL, THE PEACE KEEPER, THE ENTERTAINER, THE COOL GIRL ETC.)**

# SHE SPEAKS FIRE



*The Cost of Staying Quiet - Silence charges  
Interest  
Write without thinking, let the pen flow without judgement.*

**BECAUSE I DON'T SAY WHAT I MEAN, I FEEL:**

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**WHEN I SILENCE MYSELF, IT SHOWS UP IN MY BODY AS:**

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**I LOSE MY POWER WHEN I:**

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**THE ANGER I PRETEND I DON'T HAVE SOUNDS LIKE:**

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# SHE SPEAKS FIRE



*The Fire Underneath - This is not about being  
polite.  
Finish these sentences fast:*

**IF I SPOKE WITHOUT CONSEQUENCES, I WOULD SAY:**

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**THE TRUTH I AM MOST AFRAID TO SAY OUT LOUD IS:**

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**WHAT I ACTUALLY WANT IS:**

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**THE SENTENCE THAT SCARES ME THE MOST TO WRITE IS:**

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# SHE SPEAKS FIRE



*THE VOICE YOU WERE BORN WITH*

*This is not affirmation.  
This is remembrance.*

**WHEN I SPEAK FREELY, I SOUND LIKE:**

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**WHEN I AM IN MY BODY, MY VOICE FEELS:**

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**THE VERSION OF ME WHO DOES NOT ASK FOR PERMISSION WOULD SAY:**

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**MY VOICE IS NOT TOO MUCH. IT IS:**

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# SHE SPEAKS FIRE



## THE FIRE VOW

*Write these in your own words.*

**FROM THIS MOMENT FORWARD, I COMMIT TO SPEAKING EVEN WHEN:**

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**I NO LONGER OWE SILENCE TO:**

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**THE TRUTH I WILL NO LONGER ABANDON MYSELF FOR IS:**

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**SIGNED:**

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**DATE:**

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# SHE SPEAKS FIRE



## *NEXT STEPS Integration:*

*This worksheet is the spark.  
It is not the fire.*

**IF SOMETHING CRACKED OPEN WHILE DOING THIS, THAT WAS NOT AN  
ACCIDENT.**

**YOUR VOICE IS NOT BROKEN.  
IT WAS BURIED.**

**AND BURIED THINGS CAN BE UNEARTHED.**

*You've opened something.  
This is how you stay with it.*

**THIS WORKSHEET DID NOT ASK YOU TO CHANGE YOUR LIFE.  
IT ASKED YOU TO TELL THE TRUTH.**

**WHAT HAPPENS NEXT IS WHERE MOST WOMEN GO QUIET AGAIN, NOT  
BECAUSE THEY WANT TO, BUT BECAUSE THEY DON'T KNOW HOW TO HOLD  
HONESTY IN THE BODY.**

**SHE SPEAKS FIRE: THE ACTIVATION IS THE GUIDED CONTINUATION OF THIS  
WORK.**

**PAGE 8 AND 9 ARE WHERE THIS BECOMES LIVED.**

**IF YOU'RE READY TO PRACTICE YOUR VOICE INSTEAD OF THINKING ABOUT  
IT, JOIN OUR WAITLIST TO BE THE FIRST TO KNOW WHEN THE NEXT PAGES  
DROP.**



# SHE SPEAKS FIRE

**AND BURIED THINGS CAN BE UNEARTHED**

<https://kickofflabs.com/waitlist/shespeaksfire>