

1. *Don't mask or pretend.*

Don't trade your real voice for a substitute.

2. *Don't stuff.*

Don't attempt to please others
over pleasing God.

6. **DON'T CONTROL.**

WE CAN'T CHANGE ANYONE
BUT OURSELVES.

3. Don't hold a *grudge*.

Forgiveness does *not* mean
acceptance.

10. *Don't run.*

SHARE THAT STORY
YOU'RE SCARED TO
SHARE.

7. Don't *give* in; establish
clear boundaries and limits.

There are times *enough*
really is **ENOUGH**.

Ten Tips *for* Finding Your Voice

4. *Don't perform.*

We really don't have
to have it together all the time.

8. **DON'T DISCARD YOUR DREAMS.**

Find your **PASSION** and *pursue* it.

5. Don't defend.

Defense usually only
validates any complaints.

9. **DON'T GIVE**

UP ON *joy.*
Filter

everything
through God's truths.

#WhenAWomanFindsHerVoice
joannfore.com/take-the-pledge