The One Acronym You Need to Find Your Inner Voice

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Being in the media industry for over a decade, I've witnessed and gone through different scenarios that tested my voice as a publicist and businesswoman. It wasn't an easy journey — but by learning from experience and extracting the moral lessons, I didn't end up empty-handed.

There were situations when I felt unheard, powerless and limited by my surroundings. But it was in those struggles that I pushed myself to step up. I broke through my limits, and from then on, I didn't allow anyone to trample on who I am and what I am capable of doing. Fueled with the desire to succeed, I decided to step forward and start speaking up for myself rather than staying in the shadows.

As a guide to amplifying my voice, I have formulated my own acronym — B. E. P. I. C. — which has helped me overcome moments of weakness to this day. Allow me to share the five takeaways and the importance of this acronym that helped me conquer various impediments.

B — Turn belief into reality.

The first move is to believe that you can do it. By trusting in your capabilities, you're turning your visions into reality. When your beliefs come to fruition, everything else follows. Your ambitions are nothing if you don't believe that

you can achieve them. By believing in what you think, say and do, you become a valuable player in the arena.

A mind is a powerful tool, indeed. If used properly, you're bound to receive phenomenal results. Jot down your goals and chant them out daily. Say the words, "Why not me, I can do it!" multiple times throughout the day. Words of affirmation bring in positivity and prompt you to become more productive. In times of doubt and fear, recall your purpose when you start your day and remember why you are on this path.

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E – Empower yourself to speak into existence.

There are times when we talk for the sake of talking but not owning up to what we say. To speak into existence means confidently and passionately saying things that are going to happen to you. It is another way of working through the law of attraction. When you communicate, make sure to be clearheaded, well-prepared and the best version of yourself.

By speaking your mind, others will know your intentions. They may even have the right connections and resources to help you attain what you want. People asking for your opinions and goals don't always happen. If you remain silent, wait and merely go with the flow, then expect disappointments and frustrations to multiply by the end of the day.

Gather that courage and empower yourself to speak into existence. Self-empowerment brings you closer to the peak you've always wanted to reach. Once mastered, you become an empowered individual who is ready to conquer the world.

P – Personal satisfaction equals power.

Speaking up for oneself is a challenge that requires preparation, time and open-mindedness. But that doesn't mean it's not achievable. Understanding your past makes you more aware of how you interact with the present situation. Take time to meditate and look into how the past has molded your current self. If you were once a shy person, what steps can you take to overcome shyness and become more confident? When you acknowledge those fears and anxieties, you grow into a more sensible and powerful individual. As a result, you gain personal satisfaction and pride because you defended your ground. Once you've discovered this power, you can achieve anything you want.

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I – Inner core leads to finding your unique voice.

Working on your inner core makes your visions more visible. Everything starts from within – your desires, ambitions and hopes, as well as fears and doubts. You have to dig in deeper and reorganize your emotions, strengths and weaknesses. This process involves the daily discovery of yourself in many ways. Take notes of what you often think about and habitually do, no matter how mundane these behaviors may be. These habits are usually reflections of your inner self. If you find yourself contradicting what you frequently do or say, it'll be more strenuous for you to accomplish your goals and find your unique voice.

C – Courage to step out of your comfort zone.

It takes courage to be epic and rise above all. It means embracing the ups and downs of life and putting yourself out there. Experience what life has to offer. It is the best and effective way to learn and understand more about yourself and life. You get to live and write your history in your own words as long as you permit yourself. It doesn't matter how old you are, where you're from or your upbringing. Nothing happens if you don't have courage, and it's up to you to make that decision to want more for yourself.

The road may not be easy, but as long as you're willing to take the first step to greatness, everything else follows. You have the power to decide. It's only a matter of when you're ready to take that step to speak up and find your unique voice.

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