

PERSONAL GROWTH VIDEO SCRIPT: "What If"



What if you were allowed to really speak up?

What if you needed no permission to do what you want to do...and to be who you want to be, openly?

What if you could stand, even for one moment, one hour, one day, in your most powerful truths: that you have a gift, a message?

That you *are* a gift, and a message...

That you are deserving of respect, of love, even of awe...

That your heart, your mind and your very being are mighty bearers of a message so powerful that even you don't know its full scope...yet.

What if you could speak without questioning yourself?

What if you could feel in your body how it feels to be a powerful force in your own life, a force that affects others by the sheer inspirational IMPACT of its presence?

What if you could finally make peace with the difference between being assertive and aggressive?

What if you could let go of measuring up?

What if you could really embody the message that you have loved for so long, that "well-behaved women rarely make history"...

What if you could sing out loud, speak out loud, dance out loud without caring what anyone else thinks of you?

Without caring about anyone else's negative judgments?

What if in doing all of this you could come to the place where you know because it is in your personal experience, not just a hoped-for belief, that you only need to be yourself to have, do and be everything you have wanted to be.

And what if in doing this you find that your need to try to be "more compassionate", "more loving", "more forgiving", more *anything* is not necessary because those things are what you already are at this new-found core, and they now easily and naturally emerge.

What would you be able to do, to be, to have, to say, to ask for?

Anything. *Everything.*

Watch the video here: <https://www.youtube.com/watch?v=f20dai5P4pc&t=4s>