

The Wellness Garden Tool Shed Presents:

Voice Reclamation Guide



Reclaim Your Voice, Reclaim Your Power

Every woman holds a Queen of Swords within her — strong, wise, and clear. She speaks truth with grace, makes choices with confidence, and stands tall in her authenticity. If you've ever held back your truth to avoid conflict or doubted what you know deep inside, this guide is here to help you reconnect with your voice — your greatest manifesting tool.

Step 1: Notice Where You've Gone Silent

Think of the moments when you didn't speak up — in love, work, or friendship. Awareness is your first step back to power.

**Journal Prompt:* Where do I need to start expressing my truth again?

Step 2: Choose Clarity Over Confusion

The Queen of Swords cuts through doubt and fear. She doesn't react — she responds. Before you speak or act, pause and ask yourself: 'Is this my truth or someone else's expectation?'

**Affirmation:* I trust my clarity. My words carry strength and peace.

Step 3: Speak with Intention

Your voice carries energy. When you speak from alignment, the world listens. Practice saying one truth out loud each morning — something that honors your growth or sets your intention for the day.

**Example:* "My voice matters, and I use it with love."

Step 4: Set Loving Boundaries

Boundaries protect your energy and strengthen your voice. They help you stay true to your values. Remember: saying 'no' with love makes room for the right 'yes.'

**Journal Prompt:* Where do I need to create stronger boundaries to protect my peace?

Step 5: Align Your Voice with Your Vision

Every word you speak plants a seed in your future. Choose language that supports your dreams.

**Affirmation:* My voice supports my highest vision. I speak from love and truth.

Continue Your Practice

Reclaiming your voice is a journey. Each time you speak your truth, you embody more of your Queen energy — confident, clear, and compassionate.

Next Step: Step Into Your Power

Ready to go deeper? Download the SHINE Method Guide to help you align with your authentic energy and manifest from clarity and purpose. And join the Manifesting Me WhatsApp Group — a positive space for daily inspiration, growth, and high-vibration living. Your voice is your magic. Use it wisely, and watch your life transform.

[SHINE METHOD](#) [Manifesting Me WGTS WhatsApp](#)

With love,

Leah Reinhart

Founder of The Wellness Garden Tool Shed

