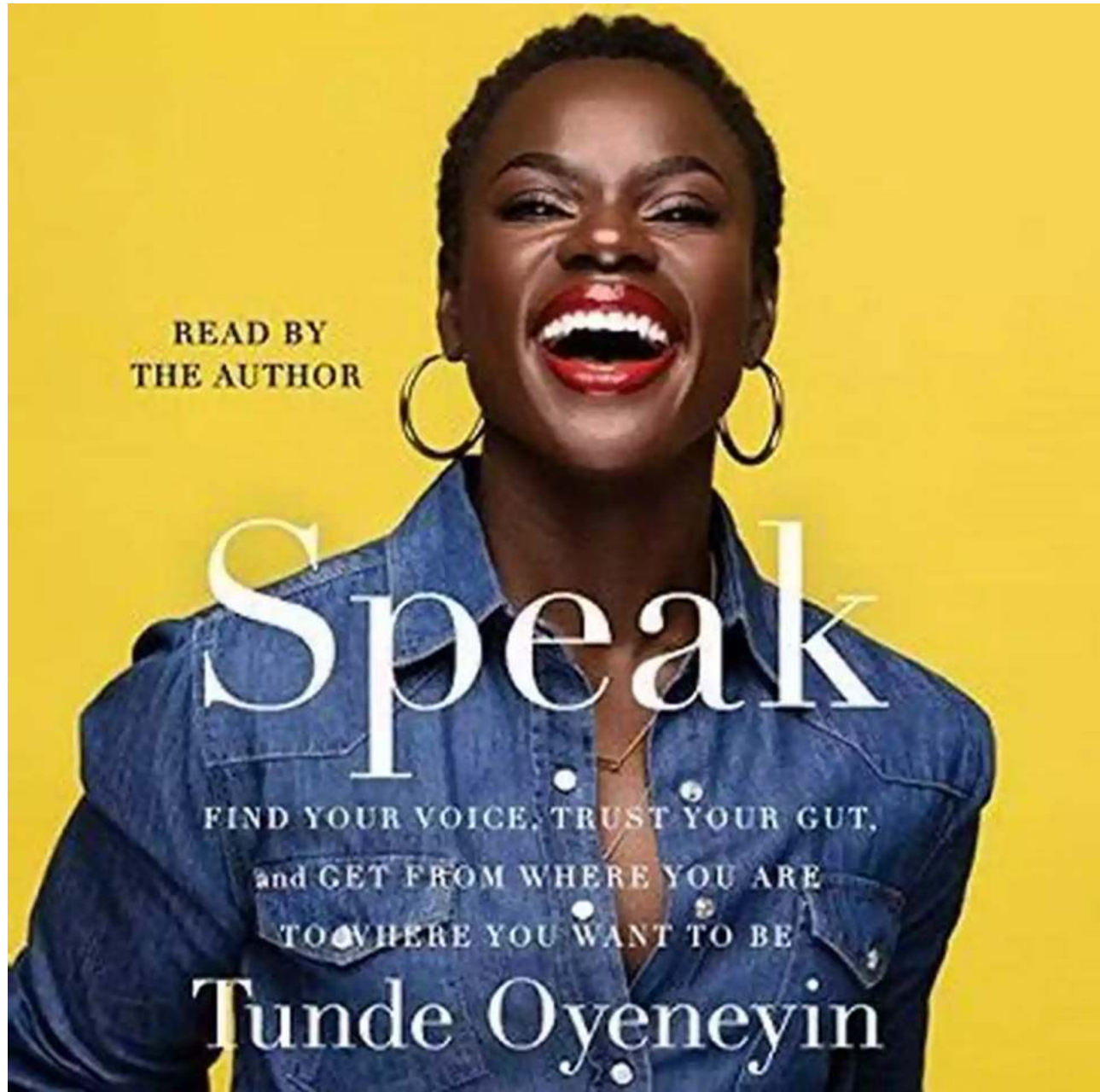


Find Your Voice, Trust Your Gut, and Get From Where You Are to Where You Want To



Have you ever felt stuck in life? Uncertain about your path or unable to make decisions? It's a common experience for many individuals. However, finding your voice and trusting your gut can be transformative. These two

practices empower you to move from where you are to where you want to be.

Understanding the Importance of Finding Your Voice

Your voice is more than just the literal sounds you produce when speaking. It represents your unique identity, thoughts, beliefs, and desires. When you find your voice, you tap into your true self and gain a sense of authenticity. You become more self-assured, allowing you to express your thoughts and feelings clearly and assertively.



Speak: Find Your Voice, Trust Your Gut, and Get from Where You Are to Where You Want to Be

by Tunde Oyenevin(Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 4724 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 239 pages



Discovering your voice is a process of self-reflection and introspection. It involves understanding your values, passions, and strengths. When you align your actions and decisions with your authentic voice, you experience increased confidence and a greater sense of purpose.

Embracing Your Gut Feelings

Have you ever made a decision based on a gut feeling? That instinctual knowing that something is right or wrong, even without concrete evidence? That's your intuition at work. Trusting your gut is about listening to and honoring those intuitive nudges, even when they defy logic or societal expectations.

Your gut feelings are connected to your subconscious mind, which synthesizes information beyond your conscious awareness. It's a powerful source of wisdom that can guide you towards making choices that align with your deepest desires and values.

The Courage to Step Outside Your Comfort Zone

Finding your voice and trusting your gut often requires stepping outside your comfort zone. It means challenging societal norms, overcoming fear of judgment, and taking risks. However, the rewards of living authentically and making choices aligned with your inner wisdom far outweigh any temporary discomfort.

Remember, growth happens when you push yourself beyond familiar boundaries. Embracing discomfort is an integral part of personal development and achieving your goals. Trusting yourself and listening to your inner voice empowers you to break free from limiting beliefs and societal expectations.

Practical Tips to Find Your Voice and Trust Your Gut

Now that you understand the importance of finding your voice and trusting your gut, here are some practical tips to help you navigate the journey:

1. Practice self-reflection: Set aside time to connect with yourself daily. Journal, meditate, or engage in activities that promote self-awareness.
2. Identify your values: What do you truly care about? Clarify your core values, as they serve as guiding principles for decision-making.
3. Express yourself: Speak up and share your thoughts and opinions, even if they go against the norm. Practice assertiveness in your interactions.
4. Listen to your body: Pay attention to the physical sensations that arise when making decisions. Your body often provides valuable signals that can guide you.
5. Surround yourself with supportive people: Surrounding yourself with individuals who uplift and encourage you creates a nurturing environment for self-expression and growth.
6. Take calculated risks: Step outside your comfort zone by taking small, calculated risks. Each step builds confidence and resilience.

Finding your voice and trusting your gut is a powerful combination that can propel you from where you are to where you want to be in life. It involves discovering your authentic self, embracing discomfort, and making brave choices aligned with your inner wisdom. By practicing self-reflection, identifying your values, expressing yourself, and listening to your body, you can unlock your full potential and live a life of fulfillment and authenticity.

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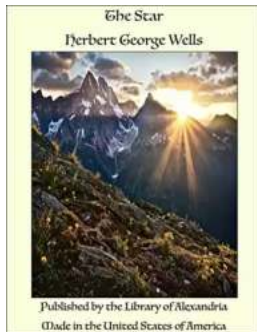
NEW YORK TIMES BESTSELLER

From Tunde Oyeneyin, the massively popular Peloton instructor, fitness star, and founder of SPEAK, comes an empowering, inspiring book that shows how she transformed grief, setbacks, and flaws into growth, self-confidence, and triumph—for fans of Brene Brown and Glennon Doyle.

On any given day, thousands of devoted people clip into their bikes and have their lives changed by Tunde Oyeneyin. From her platform in a Peloton studio, she encourages riders with her trademark blend of positivity, empathy, and motivational “Tunde-isms,” to push themselves to their limits both on and off the bike. Now, fans and readers everywhere can learn about her personal journey, and discover how they too can “live a life of purpose, on purpose” with *Speak*, a memoir-manifesto-guide to life inspired by her immensely popular Instagram Live series of the same name.

Taking us through each step of the SPEAK acronym—Surrender, Power, Empathy, Authenticity, and Knowledge—Oyeneyin shares the lessons she has learned about loss, love, body image, and how she has successfully

created an intentional, joyful life for herself, offering an accessible blueprint for anyone looking to make a positive change in their lives.



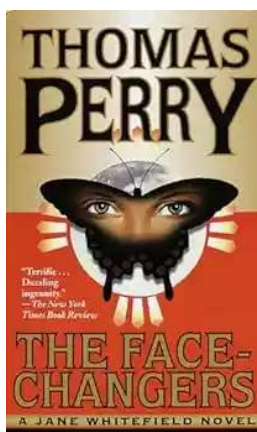
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