

**No one can force you to stand up, speak up and make a difference. But if you back off and play along, please understand that whatever happens happened, at least in part because you acquiesced.**

Seth Godin

**Having the courage to speak up and ask for what you want or what you would like to see different is not always easy.**

**For some people it seems to come natural. They are not phased by talking in front of their peers. They don't fear that they will fail or that people will not like their ideas or will criticize them.**

**When you don't speak up you give up control of your life to someone who is willing to speak up. Everyone deserves to be heard. You and you alone get to decide if you will speak.**

*Put your hand on your heart and say:*

**I choose to speak up for myself and the greater good.**