

# **S.P.E.A.K. Life**

## **S – Stop and be mindful**

Pause before you speak. Ask yourself: What am I saying to myself? What am I saying to others? Don't just let words fly carelessly—be mindful, because every word carries power.

## **P – Practice encouragement & gratitude**

Make encouragement your habit. Speak 'thank you.' Speak blessing. Even in challenges, choose words that uplift and affirm.

## **E – Eliminate negative voices**

Shut the door on destructive input. That means music, media, and conversations that plant death or defeat. If it doesn't build faith, it doesn't belong in your mouth or in your mind.

## **A – Affirm God's Word**

Don't just remove the negative—replace it with the positive. Speak Scripture. Declare God's promises. Sing faith-filled songs. Fill your environment with words of truth.

## **K – Keep gratitude flowing**

Make gratitude part of your daily vocabulary. Say 'thank you' often. Praise God often. Gratitude is a weapon—it breaks heaviness and shifts the atmosphere.