

## Power Sentences for Speaking with Confidence

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### Why Sentences Matter

Confidence isn't only in your voice — it's also in the **words you choose**.

When you start with strong, clear sentences, people pay attention.

Even if you feel nervous, these “power sentences” can make you sound confident.

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### Everyday Conversation

Use these sentences to sound calm and in control in daily life:

- *That's a good question.*
- *Let me think about that for a second.*
- *Here's what I believe...*
- *I'd love to share my idea.*

👉 Try this: Next time someone asks you something, pause, breathe, and start with one of these.

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### In Meetings or Group Discussions

Show that you can take part and contribute:

- *I'd like to add something.*
- *From my experience...*
- *What I find interesting is...*
- *Let me explain it another way.*

👉 These sentences show respect for others and give you time to share your thoughts clearly.

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### When You Don't Know the Answer (Still Confident)

It's okay not to know everything — what matters is **how you respond**.

- *I'm not sure, but here's what I think.*
- *That's something I want to learn more about.*

- *Can you explain that a bit more?*
- *I'll check and get back to you.*

👉 Notice: Each answer keeps the conversation open instead of closing it.

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### Exercise: Repeat & Apply

1. Pick one sentence from each category.
  2. Say it out loud 3 times.
  3. Write your own sentence that shows confidence.
  4. Try using one today in real conversation.
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### Practice Tip

- Slow down your speech.
- Breathe before you start.
- Begin with a **strong first word** (That's... Here's... I'd...).

Even if you feel nervous inside, these steps make you sound calm outside.

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### Final Practice

Say this with me:

**“I can speak with confidence, and my ideas are worth sharing.”**

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