

Blog Post: Stop Filling the Silence and Start Owning It

Today's date: _____

In order to eliminate filler words, it's important to assess your talks. On the next few lines, start by listening to one of your messages, and count how many filler words you used. Print this form for each message to keep track.

Title of Message: _____

Number of filler words:

Notes: _____

If you do not have a plan or want to get started with a plan, book a call at womenofmovement.org/freeconsult, so you can get on the right track to make some headway and progress towards your speaking goals and create a personal brand you can be proud of.