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the  
**maxx you**  
project

# Maxx Your Voice Workbook

This is your personal Maxx You workbook to continue to go after the life you've always wanted! Use it to celebrate the work you've accomplished towards your **most authentic, unapologetic self**. Whether you want to go all in on a side hustle, take your creative expression to the next level, or anything in between, T.J.Maxx is here to help you get started.

Identify barriers keeping you from speaking up for yourself and being heard, and unlock ways to communicate with confidence.



**Aija Mayrock**

Bestselling author, poet,  
and advocate



**Sophia Casey**

International Award Winning  
Speaker, Executive Coach,  
and Leadership Consultant

Being intentional about what you desire for your life can solidify your dreams and help turn them into reality. Begin by allowing yourself to dream, without focusing on “the how”, giving your mind, heart, and soul an opportunity to be still and create what you desire. Then use the space below to map out your vision with actionable steps and accountability structures. Remember, support is plentiful, so include names of those who will support you.

What I want most for my life is:

(Picture yourself there, in the future, when all is aligned and you have everything you desire).

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The first step I will take to have all that I desire is:

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A trusting accountability partner who can support me is:

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I will revisit this worksheet each quarter to see where I am and determine additional accountability structures that will support me to continue to move forward. My quarterly check-in dates are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

***It was when I realized I needed to stop trying to be somebody else and be myself, I actually started to own, accept and love what I had.***

**– Tracee Ellis Ross**



***Your voice has great power; don't be afraid to utilize it when needed.***

**— Stephanie Lahart**



# Reflection

**Need support getting started? Consider using these reflection prompts:**

- When I use my authentic voice, I feel...
- Three life events that helped shape my authentic, unapologetic voice are...
- \_\_\_\_\_ inspires me to be confident in my voice by \_\_\_\_\_.

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# Reflection

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# About The Maxx You Project

## About The Maxx You Project

The Maxx You Project began in 2017 as T.J.Maxx's ongoing initiative dedicated to helping women pursue their most authentic lives. Since its inception, The Maxx You Project has touched the lives of more than 160,000 women across the country through interactive experiences and programming that encourages women to be their most unapologetic selves.

## About T.J.Maxx

As the nation's largest off-price retailer, with more than 1,200 stores spanning 49 states and Puerto Rico, T.J.Maxx helps empower shoppers to be their most unapologetic selves by offering an ever-changing selection of high-quality, on-trend brand name and designer merchandise at an amazing value.

For style tips, inspiration and more, visit us on Instagram at @tjmaxx, TikTok at @tjmaxx, Facebook at facebook.com/tjmaxx, Pinterest at pinterest.com/tjmaxx and Twitter at @tjmaxx. Visit tjmaxx.com or download the T.J.Maxx app to shop online and locate your nearest store.

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