

THE SECRETS OF AN ANGEL

KNOWING

Your Powerful Voice Within



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The Journey of Self-Discovery

*Your journey is your own.
Each step brings you closer
to the person you are meant to be.*

Listening to What's Inside

The Secrets of an Angel teen series begins with one essential truth— you already carry a powerful voice within you. This first book invites you to pause, listen, and recognize that quiet inner *knowing* that guides your thoughts, feelings, and choices. As you notice this voice, you start building confidence, courage, and trust in yourself.

Recognizing your inner voice is only the beginning. Once you hear it, the next step is learning to *trust it*—to let it guide your decisions, steady you in uncertainty, and remind you of the strength you carry.

My hope is that as you read, you begin to trust that the answers you are searching for don't always come from outside of you. Sometimes, they come from listening inward.

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Chapter 1

The Voice You've Always Had



Noticing the quiet feeling that shows up before words.

Have you ever had a moment when you just **knew** something was right, even if you could not explain why? Many people describe this feeling as a ‘still small voice’—a quiet inner sense of direction. It is not loud or flashy. It does not shout. But when you listen, it can point you toward the right path, even in the middle of chaos.

Most people spend their lives listening to the noise outside—what friends say, what social media shows, what everyone expects. Your inner voice is **different**. It comes from deep inside, from a place that knows who you really are. When you trust that voice, most people

find it builds confidence and helps them navigate peer pressure, fear, and confusion.

How to notice your inner voice:

- Pay attention to that quiet feeling that keeps returning.
- Notice what excites you, what feels peaceful, what feels like the right thing to do.
- Journaling or quiet reflection can help you hear it more clearly.

Story: Social Media Can Show You Everything You Don't Have

Ellen, seventeen, sits at her computer in the small bedroom she shares with her two younger brothers, ages three and seven. She tries to concentrate on her homework as the boys' race through the house. Even though she shares the bedroom with her brothers, it's the one place she can retreat from the constant arguing between her mother and stepfather. Her stomach twists as another argument about money spills through the walls.

At least things will be quieter for the next four days. Her stepfather is a truck driver and will be on the road. Her mother works evenings as a waitress at a local restaurant. That means Ellen is responsible for making another dinner for her brothers and taking care of them until her mother returns late at night.

She jumps as the front door slams, signaling that her stepfather has left for work. Only then does she feel safe enough to leave the bedroom and speak to her mom about dinner. She finds her mother pouring another glass of wine. Part of her daily routine before leaving for work, and the same vice she turns to when she comes home at night.

After finding out what she'll be making for dinner, Ellen returns to the bedroom to finish her homework. Getting decent grades matters to her. Her older brother and sister never finished high school, and she doesn't want to end up like them.

She tries to focus, but her brothers barge into the bedroom again, filling the room with chaos.

The house is small, and there is nowhere—no corner, no room—that offers privacy.

Unable to concentrate, Ellen opens social media. She scrolls through posts and notices comments about friends who just bought tickets to go to a concert together. She wishes she could go, but they know she uses the money from her part-time job to buy her own school clothes.

Hopelessness creeps in—followed by anger, frustration, and jealousy—as she studies the photos. Her friends look carefree. Untouched by responsibility. She reacts to the post, hits the thumbs-down button, and starts typing a sarcastic comment.

Her chest tightens.

Not fear—something sharper. A warning.

You shouldn't do this!

She sits there, staring at the screen, fully aware that something inside her is pushing back. She can almost hear it. That quiet voice, as she pauses and listens.

Her fingers hover over the keys, and for a split second she imagines hitting “post.”

She sees it landing wrong. Not intense. Not explosive. Just... quiet damage. A few friends go silent. A joke that doesn't get answered. A look exchanged the next time she sees them at school—confused, maybe hurt. Nothing anyone would call a big deal, but enough to shift things.

Her stomach drops.

She knows that feeling. It's the same one she gets when her mother says something she can't take back, when a door slams and no one apologizes. Words thrown in frustration don't disappear. They settle. They change the air.

If she posts it, she won't feel relief. She'll feel small. Embarrassed. Ashamed that she let something ugly speak for her. Ashamed that she pushed away the very people who make her life feel lighter, even for a moment.

And later—when the house is quiet and her brothers are asleep—that comment would still

be there. A reminder. One more thing she can't undo.

She doesn't want to carry that.

These are your friends. They don't judge you. They even help you with your brothers when they visit.

The quiet voice urges her to pause—before the words she posts turn into something ugly and cause real damage. She knows she's reacting from exhaustion and resentment, shaped by her home life. And she knows her friend's matter.

That quiet voice inside her is not arguing or demanding attention. It's steady. And it's holding a truth she cannot ignore.

Ellen didn't suddenly feel better. Her life didn't change. The noise in her house was still there, the pressure still waiting. But she noticed something important: the quiet voice hadn't shown up to judge her or tell her to be "better." It showed up to protect her—from reacting out of pain, from creating damage she would have

to carry on top of everything else. That voice didn't fix her circumstances, but it helped her see the difference between momentary release and lasting regret. And in a life where so much already feels out of her control, that small pause mattered.

The quiet voice inside you doesn't show up to control you or tell you who to be. It shows up when something matters—especially when you're overwhelmed, hurt, or comparing your life to someone else's. It doesn't erase anger or make hard situations disappear. Instead, it creates a pause. And in that pause, you're given a choice and a chance: to react from pain, or to protect what matters most to you. Learning to notice that moment can save you from carrying regrets you didn't need to create.

“The quiet voice isn't weak—it's the part of you that knows what you don't need to add to your life.”

Reflection:

What was I feeling before I wanted to react or post? (Name it without judging it.)

What did my quiet voice try to tell me—if anything? (A feeling, a thought, a hesitation.)

If I had reacted, what might I have made heavier for myself?

What matters more to me right now: letting it out, or protecting something important?

Try this: The 10-second Social Media Pause

The next time you feel the urge to react, comment, or post:

1. **Stop for 10 seconds.** Don't delete the comment. Just pause.
2. **Take one slow breath.** In through your nose, out through your mouth.
3. **Ask yourself one question:**
"If I post this, how will I feel about it later tonight?"
4. **Decide—not from pressure, but from protection.**

You don't have to get it right every time. The pause itself is the practice.

Key Point:

Your quiet voice is not there to judge your feelings—it's there to protect you from acting in ways that make things heavier.

Today, my quiet voice showed up when I felt:

and it was trying to protect me from:

Continue the Journey

What you just read is only the beginning.

The journey of discovering your voice, trusting your strength, and becoming who you are meant to be unfolds one step at a time — and every page is designed to help you move forward with greater confidence, clarity, and self-understanding.

You are not becoming someone else.
You are becoming more fully yourself.

Ready to Continue?

[**Purchase the Full Book**](#)

[**Explore the Teen Series**](#)

KNOWING — *Your Powerful Voice Within*

TRUSTING — *The Strength You Carry*

BECOMING — *Stepping Into Who You Are*

EMBRACING — *The Freedom Within You*

**YOUR Journey. Your Growth.
Your Power.**

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