

## **The Exercise**

### **Put Your Emotional Weight on Yourself**

**For the next seven days**, you're going to do something you've probably avoided for years. You're going to put an emotional weight on yourself.

**Every day, make one decision without asking anyone else what they think.** Not because other people's opinions are wrong, but because you're learning that your own judgement deserves to carry weight too. It doesn't have to be a life-changing decision. It might be:

- ♥ What you really want to do this weekend.
- ♥ Whether you're too tired to keep going.
- ♥ Whether to say yes or no.
- ♥ Whether to leave.
- ♥ Whether to begin.
- ♥ Whether to speak up.
- ♥ Whether to rest.
- ♥ Whether enough is enough.

When you've made your daily decision, don't spend the next six hours wondering if it was right. Experience it. Gather the evidence. Then, at the end of the day, ask yourself three questions:

- ♥ Am I OK?
- ♥ What did I learn?
- ♥ Would I trust myself to make another decision tomorrow?

Here's what you're likely to discover: some decisions will work brilliantly, some won't. Some you'll change your mind about and that's not failure; that's exactly how trustworthy people become trustworthy. They don't expect themselves to be **right** every time. They expect themselves to **learn** every time.

By the end of the week, you'll have done something far more important than making seven daily decisions: **you'll have placed the weight of your life onto your own judgement and discovered that you didn't collapse.**

That's how self-trust is built. Not by waiting until you're certain, but by being repeatedly willing to put your weight somewhere and discover that it holds.

### **Day 1:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?

**Day 2:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?

**Day 3:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?

**Day 4:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?

**Day 5:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?

**Day 6:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?

**Day 7:**

What was my decision:

Am I OK?

What did I learn?

Would I trust myself to make another decision tomorrow?