

The Journal

Think about the person you trust most in your life - present or past. What qualities have they consistently demonstrated that earned your trust?

Now ask yourself a different question. How many of those qualities do you consistently demonstrate towards yourself?

When was the last time you ignored something you knew was true? You knew you were exhausted, knew you needed to leave, you needed to speak up, you knew something wasn't right.

What happened because you ignored yourself?

More importantly, what did that experience teach you about trusting your own voice?

Complete this sentence without overthinking it: I would trust myself more if I consistently:

Then ask yourself why you aren't already doing it.

If your future depended on having one person completely on your side every single day, would you choose yourself? Why? Or why not?

What evidence supports your answer?

Imagine your ten-year-old self is watching every decision you make for the next week. What would they conclude about the adult responsible for looking after them?

Would they feel protected? Listened to? Valued? Safe?

Or would they still be waiting for someone to meet their needs?

Which promises do you break most often?

The promise to rest?

To tell the truth?

To stop overworking?

To say no?

To stop abandoning yourself?

Fear has probably persuaded you not to make hundreds of decisions throughout your life. Looking back, which decision do you most wish you had trusted yourself to make?

What stopped you?

If that same opportunity appeared tomorrow, what would the version of you who trusts themselves do differently?

What would happen if, instead of making bigger promises, you became known to yourself as someone who always kept the smallest ones?

Finish these two sentences.

Someone I would trust with my life would:

This week, I will become that person by:

Remember, self-trust is not built in extraordinary moments. It's built in every ordinary moment when you quietly prove to yourself: **I can count on me.**