

The Reflection

There is a question you never need to ask yourself again: **what if I make the wrong decision?** Not because you'll never make one, but because you've realised that a wrong decision has never had the power to ruin your life, but abandoning yourself afterwards has.

Think about what that means.

- ♥ How many years have you spent trying to guarantee a perfect future?
- ♥ How many opportunities have you postponed because you wanted certainty first?
- ♥ How many doors have remained closed because you were waiting to know you couldn't fail?

You weren't waiting for certainty. You were waiting for a guarantee that you would never have to experience disappointment, rejection, regret or loss again. No human being gets that guarantee but every human being can make themselves a different promise: **whatever happens, I won't leave my own side.** That promise changes everything because fear immediately loses its bargaining power.

- ♥ Fear says, what if this doesn't work? You answer, then I'll deal with it.
- ♥ Fear says, what if they reject you? You answer, then I'll still have me.
- ♥ Fear says, what if you fail? You answer, then I'll learn, recover and begin again.

Can you feel what's happening? Your dependence on certainty is shrinking. That's emotional freedom. You're no longer asking life to become safer before you live it. You're becoming strong enough to meet life exactly as it is.

Think about the extraordinary opportunities that creates.

- ♥ You can start before you feel ready.
- ♥ You can speak before you're completely certain.
- ♥ You can leave what no longer fits.
- ♥ You can build something new.
- ♥ You can risk disappointment because disappointment is no longer the end of your story.
- ♥ You trust yourself to write the next chapter.

That is what self-trust gives you. Not a safer life, a bigger one, a braver one, a more honest one, a life no longer built around avoiding mistakes, but around fully participating. From this moment on, stop asking yourself whether you'll make the right decision. Ask yourself something far more powerful: **will this decision help me become someone I would trust with my life?** If the answer is yes, you don't need another guarantee. You already have the only one that matters. **You.**