Trust Yourself Guide

Trust Yourself: Simple Steps to Build Confidence and Clarity

We're so excited that you're ready to dig in and strengthen your self-trust! Taking the quiz was the first step, and now this guide will help you go even deeper. Whether you're just beginning to rebuild trust with yourself or looking to refine and reinforce it, this guide will provide you with targeted insights and practical strategies tailored to your results. You'll develop a clearer understanding of how to improve where self-trust needs strengthening and how to intentionally build on the areas where you already thrive. Let's jump in and cultivate the kind of trust that allows you to live with more confidence and authenticity!

Use your quiz results to inform your thoughts and actions as you navigate this guide.

1. Which area(s) did you rate the highest?

- ◉ Boundaries
- ◉ Reliability
- ◉ Accountability
- ◉ Vault (Confidentiality with Myself)
- ◉ Integrity
- ◉ Non-Judgment
- ◉ Generosity

1. How do these strengths help you trust yourself more? Answer in your own words.

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**Here is an example: My strengths in trust-building help me feel more confident in my decisions and allow me to rely on myself rather than seeking constant external validation. When I set and respect my boundaries, I reinforce my self-worth. Following through on commitments and being accountable make me feel dependable, which strengthens my belief in my own abilities. By practicing integrity, I align my actions with my values, which creates a sense of inner peace and self-respect. Non-judgment and generosity toward myself help me recover from setbacks with grace, making me more resilient and trusting in my ability to grow and adapt. Overall, these strengths help me feel more grounded, self-assured, and connected to who I truly am.

3. Which area(s) did you rate the lowest?

- ⭘ Boundaries
- ⭘ Reliability
- ⭘ Accountability
- ⭘ Vault (Confidentiality with Myself)
- ⭘ Integrity
- ⭘ Non-Judgment
- ⭘ Generosity

Building Self-Trust Commitment Plan

The following section is designed to help you identify and commit to actions that will help you strengthen trust with yourself. By creating a clear plan, you're setting yourself up for success in strengthening your trust with yourself.

Select one or two of the following seven areas to focus on over the next 30 days. Choose the suggestions that resonate with you or create your own. Consider actions that feel meaningful and manageable for you. Remember, taking small, intentional steps makes it easier to follow through, and committing to those actions helps build consistency, which is key to building lasting self-trust.

Reflect on your progress after 30 days, and decide if you'd like to continue with the action, adjust it, or shift to a new focus area.

Boundaries

- **Clarify Your Limits** – Take time to define what is okay and what isn't in your personal and professional life. Write down your non-negotiables and practice communicating them to yourself and others.
  Example: I will clearly define what is okay and what is not and communicate my boundaries with confidence.
- **Practice Saying No** – Honor your own needs by setting boundaries with your time, energy, and commitments. If saying no is difficult, start small with low-stakes situations.
  Example: I will practice saying no without guilt and honor my personal limits, even when it's uncomfortable.

- **Follow Through on Your Own Limits** – When you set a boundary, respect it. If you commit to taking a break, resting, or not engaging in something harmful, hold yourself accountable.

  Example: I will check in with myself regularly to ensure I am respecting my own needs and limits.

Personal Commitment: _____

Reliability

- **Keep Small Promises to Yourself** – Build self-trust by setting realistic, attainable goals and following through.

  Example: I will wake up 10 minutes earlier tomorrow to start my day with intention.
- **Avoid Overcommitting** – Only commit to what you can realistically do. If you frequently break promises to yourself, scale back and focus on what is truly possible.

  Example: I will assess my current commitments and only say yes when I know I can follow through.
- **Create Routines and Systems** – Establish habits that reinforce consistency, such as a morning ritual, a planning system, or an accountability partner.

  Example: I will set a simple, repeatable morning routine to start my day with clarity and purpose.

Personal Commitment: _____

Accountability

- **Own Your Mistakes Without Shame** – Instead of self-judgment, practice self-compassion. Acknowledge mistakes as part of growth and take responsibility without self-criticism.

  Example: When I make a mistake, I will take ownership without shame and focus on learning from it.
- **Make Amends with Yourself** – If you break trust with yourself, apologize and create a plan to do better rather than ignoring it.

  Example: I will recognize when I don't follow through and adjust my plan with kindness rather than criticism.
- **Develop a Self-Reflection Practice** – Regularly check in with yourself about your actions and decisions. Journaling or meditation can help you assess where accountability is needed.

  Example: I will set aside five minutes each night to reflect on my day and realign with my values.

Personal Commitment: _____

Vault (Confidentiality with Yourself)

- **Honor Your Own Privacy** – Be mindful of what personal struggles or emotions you share with others. Ensure you are confiding in the right people, not just venting to anyone.

  Example: I will be intentional about who I share my personal thoughts with, ensuring they are trustworthy.
- **Trust Your Inner Voice** – Learn to keep your personal insights sacred. If you have a deep realization, sit with it before seeking external validation.

  Example: I will take time to reflect on my insights before sharing them with others.
- **Stop Betraying Yourself Through Negative Self-Talk** – Be mindful of the words you use when thinking about yourself. Keep your inner dialogue constructive and protective.

  Example: I will replace self-criticism with compassionate and encouraging words.

Personal Commitment: _____

Integrity

- **Align Your Actions with Your Values** – Identify your core values and make daily decisions that align with them, even when inconvenient.

  Example: I will prioritize honesty and kindness in every interaction, even when it's difficult.
- **Choose Courage Over Comfort** – When faced with a hard choice, lean into what is right rather than what is easy. Practice small acts of bravery daily.

  Example: I will speak up for myself even when it feels uncomfortable.
- **Hold Yourself to the Same Standards You Hold Others** – If you expect honesty, kindness, or perseverance from others, ensure you are practicing those qualities with yourself.

  Example: I will treat myself with the same patience and understanding that I offer to my friends.

Personal Commitment: _____

Non-Judgment

- **Practice Self-Compassion** – Speak to yourself the way you would a dear friend. Notice self-criticism and intentionally replace it with encouragement.

  Example: I will treat myself with the same kindness and understanding I offer others.
- **Accept Your Needs Without Guilt** – You are allowed to rest, ask for help, and take up space without feeling like a burden.

  Example: I will ask for support when needed and release any guilt around it.

- **Let Go of Perfectionism** – Accept that mistakes and imperfections are part of learning. Celebrate progress, not just achievement.

  Example: I will acknowledge and celebrate small steps forward rather than expecting perfection.

Personal Commitment: _____

Generosity

- **Assume the Best About Yourself** – When you fall short, don't jump to self-criticism. Instead, ask, "What is the most generous assumption I can make about my actions?"

  Example: I will assume that I am doing my best and be kind to myself when I struggle.
- **Give Yourself Grace for Growth** – Recognize that change takes time and effort. Celebrate small steps rather than expecting immediate perfection.

  Example: I will acknowledge my progress and be patient with my personal growth journey.
- **Treat Yourself with Kindness in Hard Moments** – When struggling, ask yourself, "What would a truly loving and supportive person say to me right now?" Then say it to yourself.

  Example: I will offer myself encouragement and grace, especially in difficult moments.

Personal Commitment: _____