

#10 — THE SELF-TRUST REBUILD

Five questions to help you repair the relationship you have with yourself.

Self-trust isn't built by perfection.

It's built by consistency —

by proving to yourself, one small choice at a time,
that you can rely on you again.

Use this guide when you feel unsure, second-guessing yourself, or disconnected from your own judgment.

1. Have I kept my word to myself more often than I've broken it?

Self-trust breaks in the little promises —

“I'll start tomorrow,”

“I'll never do this again,”

“I'm fine.”

You rebuild it one kept promise at a time.

Your thoughts: _____

2. Am I making choices I'm proud of when no one knows but me?

Integrity with yourself is the foundation of self-trust.

No audience required.

Your thoughts: _____

3. Do I listen to my intuition, or do I wait for consequences to confirm it?

One builds trust.

The other builds regret.

Your thoughts: _____

4. Do I take responsibility for my actions, or do I explain them away?

Accountability isn't punishment.

It's clarity.

And clarity rebuilds trust faster than perfection ever will.

Your thoughts: _____

5. What is one small thing I can follow through on today – without excuses?

Self-trust rebuilds through repetition,
not resolution.

Your thoughts: _____

FINAL REMINDER:

You don't have to rebuild trust with yourself overnight.

Just don't abandon yourself again today.

Healing happens one honest choice at a time.