**Sincere Consulting and Life Coaching
Validation Container™ Protection Checklist**

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Sincere Consulting and Life Coaching is a faith-friendly, trauma-informed coaching service dedicated to helping individuals, couples, and organizations strengthen identity, emotional health, and life direction. The Validation Container™ is a core tool within The Sincere Method™, designed to help people recognize where their sense of worth is coming from, how balanced those sources are, and how to protect that worth from being drained.

# Validation Container™ Protection Checklist

This checklist will help you quickly assess the people, places, and things in your life that either fill your container or drain it. It’s not about judging others—it’s about protecting your worth, your peace, and your core self.

## Step 1: Identify People in Your Life

Write down the names of people you interact with regularly and mark how they affect your container.

Fill My Container: Encouraging, honest, respectful, supportive, safe to be myself.

Drain My Container: Critical without cause, manipulative, dismissive of my values, toxic in speech or behavior.

Reflection Question: Who fills my emotional space with life, and who slowly leaks my worth?

## Step 2: Assess Your Places

Think about the environments you are in most—work, home, social groups, online spaces, even certain rooms in your home.

Fill My Container: Peaceful, inspiring, encouraging growth, aligning with my values.

Drain My Container: Chaotic, negative energy, constant comparison, gossip-driven, unsafe emotionally or spiritually.

Reflection Question: Do my environments reflect and protect the person I am becoming?

## Step 3: Examine Your Things

These can be habits, possessions, media you consume, or routines you maintain.

Fill My Container: Reading that builds wisdom, hobbies that refresh me, faith practices, life-giving routines.

Drain My Container: Doom-scrolling social media, unhealthy entertainment, clutter that creates stress, overcommitment.

Reflection Question: Are the things I consume and do helping me stand stronger, or slowly weakening me?

## Step 4: Define Boundaries

Once you know what drains your container, write down practical boundaries. These may include limiting time with certain people, redesigning your spaces, or replacing draining habits with healthy ones.

Boundary Examples:

• I will not engage in conversations that tear others down.

• I will leave environments where my values are consistently disrespected.

• I will schedule at least one activity weekly that replenishes my spirit.

## Step 5: Commit to Regular Check-Ins

Your container’s condition changes over time. Revisit this checklist monthly or quarterly to make adjustments. Protecting your worth is not a one-time task—it’s an ongoing act of self-leadership.

**Final Thought: Your Validation Container™ is the well from which you live, love, and lead. Guard it with wisdom. When you protect what’s inside, you give the best of yourself to the world—without losing yourself in the process.**

Disclaimer: The Sincere Method™ and the Validation Container™ are non-clinical, faith-friendly coaching tools. They are not therapy and should not be used as a substitute for professional mental health treatment. If you are experiencing a mental health crisis, please contact a licensed mental health provider or emergency services. These tools are designed to complement—not replace—clinical care by offering spiritual, emotional, and identity-based coaching grounded in biblical truth and trauma-informed practices.

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