

Self Trust Reset

[Start Here](#) | A seven-day personal experiment

Build confidence through one small promise you can keep

If you keep making promises to yourself that do not fit your day, try a smaller agreement. This guide helps you connect an intention to an action, notice your follow-through, and repair the plan when life changes.

01 Choose What Matters

Name one value you want to live more fully: care, honesty, learning, or reliability. Identify one everyday action that would express it.

02 Make A Realistic Promise

Choose something small enough for a difficult day. Define when it happens and what counts as complete. Check that the plan fits your actual time and energy.

03 Notice Your Follow-Through

For seven days, record the action and one observation. Look for evidence of effort, including asking for help or adjusting the plan honestly.

04 Repair Instead Of Abandoning

If you miss it, identify the obstacle and choose a smaller or better-timed action. Set a new cue. You can revise a promise without dismissing what matters.

What This Could Look Like

Value: care. Promise: after I close my laptop, I will step outside for two minutes. Missed it because of a late meeting? Revised promise: stand at an open window for one minute before dinner.

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Your Reflection | Make It Personal

Type into the fields and save your copy. Short phrases are enough.

Name / Date

01 The Value I Want To Practice

Why does this matter to me now?

02 My Small Promise

After ____, I will _____. It counts as complete when _____. On a difficult day, I can _____.

03 Evidence I Want To Notice

What will I record so I can see effort and follow-through rather than only mistakes?

04 My Repair Plan

If I miss a day, I will check ____, adjust ____, and restart at _____.

Choose one useful answer to carry into your next action.

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Put It Into Practice | One Useful Next Step

Before Day One

Choose a visible reminder and a place to record your effort. Avoid adding a second promise until you understand the first.

Each Day

Make one short note: what I did, what helped, or what I learned. If the action did not happen, use the repair plan.

After Seven Days

Review your evidence. Keep, shrink, or change the action so it better expresses the value you chose.

Words To Make It Easier

"The promise I can keep today is _____. If the day changes, I can adjust it honestly and return to what matters."

A Common Snag

An ambitious promise can become another way to criticize yourself. Choose an action that is small enough to test, not a test of your worth.

My First Step And Its Time

What will I do next, and when will I begin?

Let your next promise be one you can practice, review, and repair.

Want Support With Your Next Step?

SharpenUp coaching helps you explore what matters, work through obstacles, and build small actions that fit your life.

Explore the 90-Day SharpenUp coaching program at sharpenupcoaching.com.