

CONFIDENCE *and* SELF-TRUST PROMPTS

A thoughtful practice for self-reflection
and personal growth.

- When did I do something difficult even though I was nervous or unsure?

- What decision have I made recently that I can trust myself for, regardless of whether it turned out perfectly?

- What opinion, need, or boundary have I been afraid to express because someone might not approve?

- What is one small thing I would try if I knew I didn't have to impress anyone?

- When have I handled a situation better than the version of myself from a year ago might have expected?

- What evidence do I already have that I can cope when plans change, people disagree with me, or something doesn't work out?

