

Trusting Your Own Read Again

For when you second-guess yourself, and want to find where your judgment still holds.

WHEN TO USE THIS

Use this when you keep doubting what you think, feel, or remember.

Go gently here. Skip anything that is too much today, or fill it in with someone you trust.

Name three times your gut was right about something.

Small, everyday things count.

1. _____
2. _____
3. _____

When do you doubt yourself most?

With certain people? At certain times of day?

What you tell yourself, and what a fair friend would say back.

WHAT I SAY TO MYSELF

WHAT A FRIEND WOULD SAY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What is one decision this week you can make without asking anyone?

Trust builds back in small calls, not big ones.