

# 10 SELF TRUST EXERCISES

Bite-size videos of 5 minutes or less with simple, doable ways to build self trust.

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I INVITE YOU TO PARTICIPATE IN THESE SIMPLE, DOABLE, EXERCISE IN SELF TRUST.

IT MAY FEEL TOO SIMPLE. TOO EASY TO MATTER.

AND YET, IT DOES MATTER. A LOT.

BUILDING SELF TRUST DOESN'T HAVE TO BE HARD AND IS SO VERY IMPACTFUL.

SELF TRUST CAN MEAN MAKING DECISIONS MORE EASILY.

FOLLOWING THROUGH ON PLANS YOU MAKE FOR YOURSELF.

HAVING YOUR BACK IN ANY SITUATION.

SHOWING UP FOR YOURSELF, EVEN WHEN IT FEELS

TOO HARD  
NOT IMPORTANT  
POSTPONE-ABLE  
A WASTE OF TIME

PRESS ON EACH NUMBER TO GAIN ACCESS TO A DIFFERENT SHORT, SIMPLE EXERCISE IN BUILDING SELF TRUST.

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