

TRUSTING YOURSELF



IN WHAT AREAS DO I NOT TRUST MYSELF? WHY?

A large, empty white rectangular box with a very light gray gradient, intended for the user to write their answers to the question above.

TRUSTING YOURSELF



WHEN I DON'T TRUST MYSELF, HOW DO I FEEL?

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WHEN I DON'T TRUST MYSELF, WHAT DO I DO?

Blank space for writing answers to the question: "WHEN I DON'T TRUST MYSELF, WHAT DO I DO?"

IN WHAT AREAS DO I WANT TO WORK ON TRUSTING MYSELF? WHY?

Blank space for writing answers to the question: "IN WHAT AREAS DO I WANT TO WORK ON TRUSTING MYSELF? WHY?"

HOW WILL I ACCOMPLISH THIS?

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TRUSTING YOURSELF



IN WHAT WAYS DO I MANIPULATE OTHERS WHEN I DON'T TRUST MYSELF?

A large, empty, light gray rectangular box intended for the user to write their answers to the question above.

WHAT ARE SOME THINGS I CAN SAY TO MYSELF WHEN I WANT TO PRACTICE SELF-COMPASSION?

A large, empty, light gray rectangular box intended for the user to write their answers to the question above.

SELF-CARE ROUTINE



WHAT ARE SOME THINGS THAT MAKE ME FEEL GOOD AND HELP ME RECONNECT TO MYSELF?

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WHAT IS ONE SMALL THING THAT I WANT TO DO TO PRACTICE SELF-CARE EACH DAY?

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WHO ARE THE PEOPLE IN MY LIFE THAT DRAIN ME? WHAT DO I WANT TO DO ABOUT IT?

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SELF-CARE ROUTINE



WHAT ARE SOME EMPOWERING THOUGHTS I WANT TO PRACTICE?

A large, empty white rectangular area intended for the user to write their empowering thoughts. It occupies most of the page below the question.

PRACTICING AUTHENTICITY



WHAT ARE SOME SITUATIONS WHERE I FEEL MOST LIKE MYSELF?

A large, empty, light gray rectangular box intended for the user to write their responses to the question above.

WHAT BELIEFS WAS I RAISED WITH (FAMILY, CULTURAL, CHURCH) THAT CONFLICT WITH MY TRUE SELF? HOW DO I WANT TO OVERCOME THE DISCREPANCIES?

A large, empty, light gray rectangular box intended for the user to write their responses to the question above.

WHAT IS SUCCESS?



WHAT DOES SUCCESS MEAN TO YOU? EXPLAIN IN DETAIL.

A large, empty white rectangular box intended for the user to write their response to the question about the meaning of success.

WHAT IS THE APPEARANCE OF YOUR MOST EMPOWERED SELF? WHAT DOES THE EXPRESSION ON YOUR FACE LOOK LIKE? EXPLAIN IN DETAIL.

A large, empty white rectangular box intended for the user to write their response to the question about the appearance of their most empowered self.

WHAT IS SUCCESS?



WHEN YOU ARE SUCCESSFUL, WHAT FEELINGS DO YOU THINK YOU WILL FEEL?

A large, empty, light gray rectangular box intended for the user to write their response to the question above.

WHEN YOU ARE SUCCESSFUL, WHAT ACTIONS DO YOU SEE YOURSELF DOING?

A large, empty, light gray rectangular box intended for the user to write their response to the question above.

WHAT IS SUCCESS?



WHEN YOU ARE SUCCESSFUL, WHO DO YOU SURROUND YOURSELF WITH? WHY?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.

WHAT MAKES YOU SUCCESSFUL?

A large, empty rectangular box with a light gray background, intended for the user to write their response to the question above.