

Developing Trust in Yourself Worksheet

1. Recall a situation where you made a decision that had a positive outcome. What was the situation?

- *Example: "I decided to change jobs, which led to a more fulfilling and balanced work life."*

2. How did you feel when you made that decision?

- *Example: "I felt uncertain but hopeful about the future."*

3. What strengths and abilities did you use to achieve that positive outcome?

- *Example: "I used my ability to research opportunities, seek advice, and trust my intuition."*

4. What did this experience teach you about your decision-making abilities?

- Example: *"It taught me that I am capable of making good decisions that can positively impact my life."*

5. Identify a recent situation where you doubted yourself. What happened?

- Example: *"I doubted my ability to lead a project at work and felt anxious about taking on the responsibility."*

6. What specific thoughts and feelings contributed to your self-doubt?

- Example: *"I felt that I lacked the necessary skills and worried about failing."*

7. How did this self-doubt affect your actions and the outcome of the situation?

- Example: *"I hesitated to take initiative, which led to delays and increased stress."*

8. What evidence do you have that contradicts these self-doubting thoughts?

- Example: *"I have successfully led projects in the past and received positive feedback from colleagues."*

9. List three qualities or strengths that you appreciate about yourself.

- Example: *"Resilience, empathy, and creativity."*

10. How can you leverage these strengths to build self-trust?

- Example: *"I can use my resilience to overcome challenges, my empathy to build strong relationships, and my creativity to find innovative solutions."*

11. Set a small, achievable goal to practice self-trust. What is the goal?

- *Example: "I will volunteer to lead a small project at work and trust my ability to manage it effectively."*

12. Outline the steps you will take to achieve this goal.

- *Example:*

- *"Research the project requirements."*
- *"Create a detailed plan and timeline."*
- *"Seek feedback and support from colleagues."*
- *"Regularly review progress and make adjustments as needed."*

13. Reflect on a time when you were too hard on yourself. What happened?

- *Example: "I was very critical of myself after making a minor mistake at work."*

14. What would you say to a friend who was in a similar situation?

- *Example: "I would tell them that everyone makes mistakes and that it's an opportunity to learn and grow."*

15. How can you apply this same kindness and understanding to yourself?

- *Example: "I can remind myself that it's okay to make mistakes and focus on what I can learn from the experience."*
