

DAILY SELF-TRUST RESET

STOP OVERRIDING MYSELF. START RESPONDING WITH AUTHENTICITY.

01 START MY DAY

Before the noise. Before the pressure.

→ WHAT DO I ACTUALLY NEED TODAY?

(Not what I should do.
Not what others expect.)



02 IN THE MOMENT

Pause
Breathe

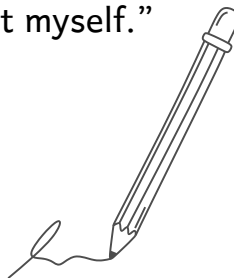
→ WHAT WOULD SUPPORT ME RIGHT NOW?

This brings my brain back online.

03 KEEP IT SIMPLE

Make 1 small promise and keep it

This is how my brain learns:
“I can trust myself.”



04 BE MORE AUTHENTIC (AND FREE)

Release the need to be seen as good
→ Focus on being whole

Release the need to help everyone
→ Let people be powerful

Release the need to be understood
→ Understand myself deeply

Let people be who they are
→ Just as I want to be myself



05 WATCH FOR THESE MOMENTS &

- Saying yes when I mean no
- Ignoring “something feels off”
- Overriding what I feel

Awareness is where self-trust begins.

IF I BREAK TRUST

No judgment. No spiraling.
→ WHAT’S ONE SMALL THING I CAN DO RIGHT NOW?

Repair builds more trust than perfection.

06 END MY DAY

→ WHERE DID I HONOR MYSELF?

→ WHERE DID I COME BACK TO MYSELF?



I am enough.
I have enough.
I do enough.

Return here when my mind starts to spiral.