

## I've Got This: Learning to Trust Yourself

This worksheet is designed to help you strengthen your self-trust, build confidence, and remind yourself that you've got what it takes. Work through the reflections and exercises with honesty and self-compassion.

### 1. What Does Trusting Myself Mean?

Take a moment to reflect on what it means to you to trust yourself. How does self-trust show up in your daily life?

---

### 2. Looking Back on Your Strength

Think of 2-3 times in your past when you overcame a challenge or figured something out even when it was tough. What inner strengths helped you get through?

---

### 3. Reframing Self-Doubt

Write down a self-doubting thought you often have. Then, rewrite it as a statement of self-trust. For example: 'I can't handle this' → 'I am capable of finding a way through.'

---

### 4. My Self-Trust Affirmations

Create 3 affirmations that remind you of your strength and ability. Examples: 'I've got this.' / 'I trust myself to make good choices.' / 'I am stronger than I think.'

---

### 5. Taking Action with Trust

Identify one situation in your life right now where you can practice self-trust. What is one step you can take to show yourself 'I've got this'?

---

✨ Remember: Trusting yourself grows with practice. Each time you face a challenge and remind yourself 'I've got this,' you build your inner confidence muscle.

*my life me*