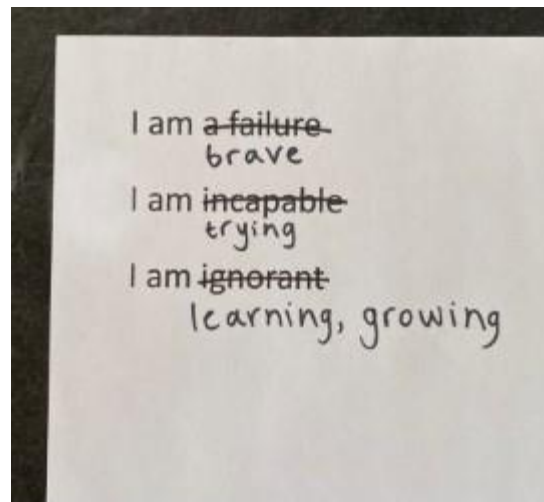


Building Self Trust



I hope this email finds you in a good place and if not, then I hope you have the right things around you to support you. Please check in with someone if needed.

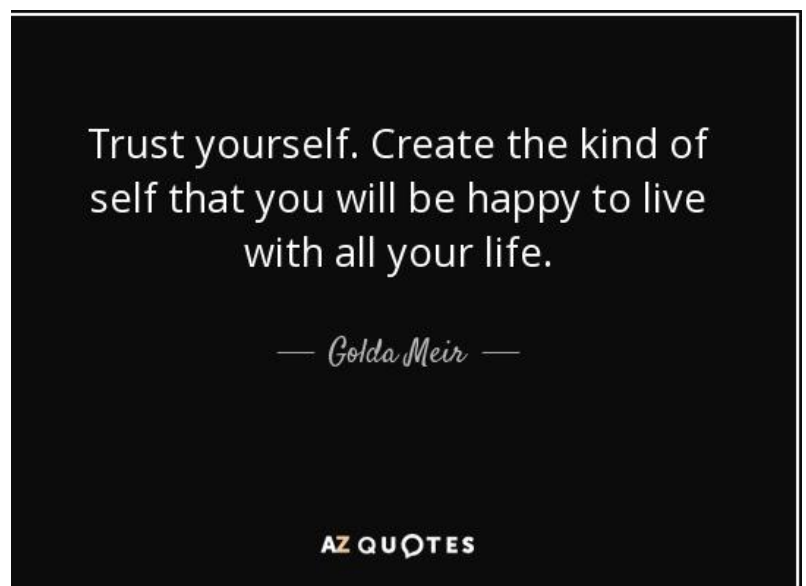
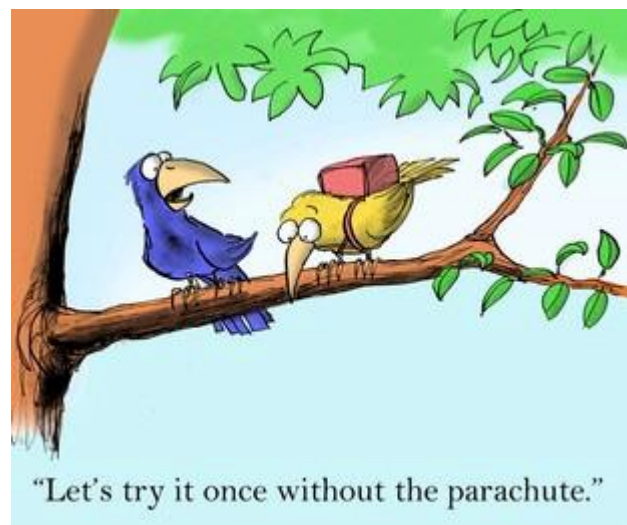
For today's well-being focus I am sharing about self-trust and how to build it.

Learning how to trust yourself is one of the most important things you can do to create the life you want. Self-trust means consistently staying true to yourself. At its very core, trusting yourself means you look after your own needs and safety.

Self trust is not about knowing all the answers or believing you will always do everything right or perfectly. It's having the conviction that you will be kind and respectful to yourself regardless of the outcome of your efforts.

So What does self-trust look like?
Here's a few examples:

- Expressing yourself openly and honestly
- Awareness of your thoughts and feelings
- Confidence that you can get through difficult times
- Knowing when you need to take care of yourself first



Building Self Trust

- Sticking to personal standards, ethics, and core values
- Pursuing your dreams, without letting others stop you

If you have trouble with self-trust, you are not alone. In fact, it's pretty difficult to avoid inheriting some negative baggage and the good old 'inner critic' as we develop and grow throughout life.

What might a lack of self-trust look like?

- Feeling guilty and ashamed.
- Feeling like you are not good enough
- Coming down hard on yourself when criticised
- Hiding your authentic self, feeling overly self-conscious of being vulnerable
- Being afraid of making the wrong choice/disappointing others.
- Difficulty making decisions and constantly asking others for guidance.

So how do we build self trust? It's sitting with uncomfortable feelings of the unknown (future) and sometimes the regret from mistakes (past) and then showing ourselves forgiveness, grace and compassion, the same as we would towards someone else.


If the agenda is to continually protect ourselves from external or internal recrimination, then we are not going to be able to examine our experiences fully because the primary intention is not to learn from it but to avoid it and protect ourselves from it.

Being your authentic self means trusting yourself with clarity and confidence in your choices. Being a good observer and cultivating the ongoing ability to learn from experiences in life, both the successes and failures.

It is not a personal reflection of who we are as individuals. We are more than goals, accomplishments and accolades.

As we want our young people to also grasp and understand, that life is not perfect and there is no end destination of perfection to attain for. Life is a continual journey of experiencing, processing, learning, reflecting, growing and adjusting... and everyone's path looks and feels different.

So I hope today, that you will be more self-trusting and grounded in all you do. Trust yourself, because you know more than you think you do!

Be confident and own it! 

#self-trust #confidence #resilience #wellbeingweds #mentalhealthmatters
#identity #authenticself #journeynotdestination