

A SELF-TRUST JOURNAL

Be There for Yourself

Become the person you can rely on — one honest choice, one kept promise, one ordinary day at a time.

SELF-TRUST • BOUNDARIES • FOLLOW-THROUGH

Talk_Sense_02

WELCOME

This Journal Belongs To



This is not a positivity challenge. It is a place to become more reliable to yourself.

OWNER

NAME .....

STARTED .....

WHY I AM HERE

What made me realize I want a stronger relationship with myself?

WHAT I WANT TO BUILD

By the end of this journal, what would self-trust look like in everyday life?

You do not need to become someone else. You need to stop abandoning the person you already are.

THE CORE IDEA

Become the Person You Can Rely On



Self-trust is built through repeated evidence: noticing what you need, making realistic promises, and following through.

1

NOTICE

I notice what I feel, need, avoid, and want before automatically reacting.

2

CHOOSE

I make decisions based on values and reality, not only fear, guilt, or approval.

3

PROMISE

I make promises small enough that I can actually keep them.

4

FOLLOW THROUGH

I do what I said I would do, or I renegotiate honestly instead of disappearing on myself.

5

REPAIR

When I let myself down, I repair. I do not turn one mistake into an identity.

6

RELY

Over time, my actions become evidence that I can count on myself.

STARTING POINT

My Self-Trust Audit



Rate each statement from 1 to 5. Answer based on recent behaviour, not the person you hope to be.

1 = RARELY 3 = SOMETIMES 5 = ALMOST ALWAYS

I listen to my own needs.

1 2 3 4 5

I trust myself to handle uncertainty.

1 2 3 4 5

I keep small promises to myself.

1 2 3 4 5

I repair quickly after letting myself down.

1 2 3 4 5

I can say no without abandoning myself.

1 2 3 4 5

I make decisions without endless reassurance.

1 2 3 4 5

I can tolerate disappointing someone.

1 2 3 4 5

I know what matters to me.

1 2 3 4 5

I ask for help when I need it.

1 2 3 4 5

I act even when I feel afraid.

1 2 3 4 5

WHAT STANDS OUT

Which rating surprised me? Where do I already have more self-trust than I give myself credit for?

WRITE IT DOWN

What Do I Need Today?



Slow down enough to be honest. You are not writing for an audience.

BODY

What is my body asking for: food, water, movement, rest, medical care, quiet, or something else?

MIND

What is taking up the most mental space right now?

EMOTION

What feeling needs acknowledgement rather than fixing?

ONE RESPONSE

What is one realistic way I can respond to myself today?

WRITE IT DOWN

What Am I Avoiding?



Slow down enough to be honest. You are not writing for an audience.

THE THING

What task, conversation, decision, feeling, or truth am I avoiding?

THE FEAR

What do I predict will happen if I face it?

THE COST

What is avoidance costing me in time, energy, clarity, or self-respect?

THE FIRST STEP

What is the smallest useful action I can take?

WRITE IT DOWN

The Promise I Can Actually Keep



Slow down enough to be honest. You are not writing for an audience.

THE PROMISE

What do I want to commit to?

MAKE IT SMALL

What is the minimum version that still counts?

MAKE IT SPECIFIC

When, where, and how will I do it?

KEEP IT KIND

What will I do if circumstances genuinely make the promise impossible?

WRITE IT DOWN

Where Am I Abandoning Myself?



Slow down enough to be honest. You are not writing for an audience.

THE PATTERN

Where do I repeatedly ignore my own needs to keep someone else comfortable?

THE FEAR

What am I afraid would happen if I chose myself?

THE TRADE-OFF

What am I giving away: time, money, sleep, honesty, boundaries, energy?

THE REPAIR

What would choosing myself look like next time?

WRITE IT DOWN

What Would I Do If I Trusted Myself?



Slow down enough to be honest. You are not writing for an audience.

THE DECISION

What decision am I currently overthinking?

THE FEAR VOICE

What does fear tell me to do?

THE TRUSTED VOICE

What would the calmest, most self-respecting version of me choose?

THE NEXT MOVE

What can I do today that creates evidence of self-trust?

WRITE IT DOWN

How Can I Make Today 5% Better?



Slow down enough to be honest. You are not writing for an audience.

ONE THING TO REMOVE

What can I make easier, smaller, or less complicated?

ONE THING TO ADD

What small action would improve my day?

ONE THING TO PROTECT

What deserves a boundary today?

EXERCISE

My Non-Negotiables



Choose the things that help you remain connected to yourself.

- [ ] Sleep
- [ ] Food
- [ ] Hydration
- [ ] Movement
- [ ] Quiet
- [ ] Alone time
- [ ] Creative time
- [ ] Friendship
- [ ] Family time
- [ ] Learning
- [ ] Nature
- [ ] Boundaries
- [ ] Medical care
- [ ] Therapy / support
- [ ] Financial responsibility
- [ ] Spiritual practice
- [ ] Fun
- [ ] Work limits

REFLECTION

What are my top five? Which one do I repeatedly sacrifice first?

WRITE IT DOWN

The Difference Between Need and Preference



Slow down enough to be honest. You are not writing for an audience.

A REAL NEED

Something I genuinely require to function well:

A PREFERENCE

Something I would enjoy but can adapt around:

A FEAR DISGUISED AS A NEED

Something I feel I must have because I am anxious:

THE TEST

What evidence helps me tell the difference?

WRITE IT DOWN

My Emotional Weather Report



Name the weather inside you, without judging it. Weather changes — you are the sky, not the storm.

TODAY'S FORECAST

CLEAR & CALM

MOSTLY OKAY

HEAVY & GREY

TEARFUL & LOW

STORMY & ANGRY

FOGGY & NUMB

WHAT IS CAUSING THIS WEATHER?

WHAT WOULD HELP ME THROUGH IT?

WHAT MIGHT PASS ON ITS OWN?

WRITE IT DOWN

The Cost of Saying Yes



Slow down enough to be honest. You are not writing for an audience.

THE YES

Where have I said yes recently?

THE REAL REASON

Was it desire, duty, guilt, fear, habit, or genuine choice?

THE COST

What did that yes cost me?

THE NEXT YES

What would a more honest yes look like?

WRITE IT DOWN

The Cost of Saying No



Slow down enough to be honest. You are not writing for an audience.

THE NO

Where have I said no or wanted to say no?

THE DISCOMFORT

What did I feel afterward?

THE BENEFIT

What did the boundary protect?

THE LESSON

What does this teach me about tolerating other people's disappointment?

WRITE IT DOWN

What Am I Waiting for Permission to Do?



Slow down enough to be honest. You are not writing for an audience.

THE THING

What am I waiting for permission to do?

WHOSE PERMISSION?

Who do I believe has to approve it before I can begin?

THE REAL RISK

What is the realistic downside?

THE FIRST MOVE

What could I authorize myself to do?

WRITE IT DOWN

My Decision-Making Rules



Slow down enough to be honest. You are not writing for an audience.

WHEN I AM CALM

How do I want to make important decisions?

WHEN I AM ANXIOUS

What will I avoid deciding in the heat of fear?

WHEN I AM PRESSURED

What question will I ask for more time?

MY RULE

Write one sentence that helps me make decisions I can respect later.

OPEN PAGE

A Note to the Person I Am Becoming



Write without editing. What kind of relationship do you want to have with yourself six months from now?

02

SECTION 2

Self-Abandonment

Notice the places where you leave yourself behind to earn approval, avoid conflict, or keep the peace.



NOTICE • CHOOSE • KEEP • REPAIR

WRITE IT DOWN

Where Do I Shrink Myself?

Slow down enough to be honest. You are not writing for an audience.



THE SITUATION

Where do I become quieter, smaller, easier, or less honest?

THE AUDIENCE

Whose reaction am I managing?

THE COST

What part of myself disappears?

THE ALTERNATIVE

What would honest but respectful self-expression look like?

WRITE IT DOWN

Approval vs Alignment



Slow down enough to be honest. You are not writing for an audience.

THE CHOICE

What am I considering doing?

APPROVAL QUESTION

What would make other people approve of me?

ALIGNMENT QUESTION

What fits my values and reality?

MY DECISION

Which one am I choosing, and why?

WRITE IT DOWN

The People-Pleasing Loop

Slow down enough to be honest. You are not writing for an audience.



TRIGGER

What usually makes me rush to please?

AUTOMATIC RESPONSE

What do I say or do?

SHORT-TERM REWARD

What discomfort do I avoid?

LONG-TERM COST

What happens to me afterward?

WRITE IT DOWN

A Boundary I Wish I Had Set Earlier



Slow down enough to be honest. You are not writing for an audience.

WHAT HAPPENED

WHAT I NEEDED

WHAT I FEARED

WHAT I KNOW NOW

WRITE IT DOWN

The Sentence I Need to Say



Slow down enough to be honest. You are not writing for an audience.

WHAT I WANT TO SAY

Write the unedited version first.

WHAT MATTERS

What outcome or boundary is underneath it?

CALM VERSION

Rewrite it clearly and respectfully.

ACTION

When and how will I communicate it?

WRITE IT DOWN

Can I Disappoint Someone and Still Be a Good Person?



Slow down enough to be honest. You are not writing for an audience.

THE PERSON

Who might be disappointed?

THE CHOICE

What do I actually want or need?

THE STORY

What does my guilt tell me this means about me?

THE FACT

What does it actually mean?

WRITE IT DOWN

What Am I Doing Out of Fear?



Slow down enough to be honest. You are not writing for an audience.

THE BEHAVIOUR

THE FEAR

THE REALISTIC RISK

THE BRAVER ALTERNATIVE

WRITE IT DOWN

My Relationship With Conflict



Slow down enough to be honest. You are not writing for an audience.

WHAT I FEAR

What do I imagine conflict means?

WHAT I DO

Avoid, appease, attack, over-explain, freeze, or something else?

WHAT I NEED

What would healthy disagreement require from me?

ONE PRACTICE

What is one small conflict I can approach more directly?

WRITE IT DOWN

The Boundary Ladder



Slow down enough to be honest. You are not writing for an audience.

LEVEL 1

What can I change privately without announcing anything?

LEVEL 2

What can I communicate clearly?

LEVEL 3

What consequence or distance may be necessary?

MY NEXT RUNG

What is the next level I am ready for?

WRITE IT DOWN

My Energy Is Not Public Property



Slow down enough to be honest. You are not writing for an audience.

WHERE IT GOES

Who or what gets most of my time and attention?

WHERE IT LEAKS

Where do I give energy automatically?

WHERE IT BELONGS

What deserves more of my energy?

ONE REDIRECT

What will I do differently this week?

WRITE IT DOWN

What I Actually Want



Slow down enough to be honest. You are not writing for an audience.

WITHOUT BEING PRACTICAL

If I remove other people's expectations, what do I want?

WHY

What deeper value is underneath it?

WHAT SCARES ME

WHAT IS POSSIBLE NOW

WRITE IT DOWN

The Honest Yes



Slow down enough to be honest. You are not writing for an audience.

YES BECAUSE…

A yes I genuinely mean:

HOW IT FEELS

What happens in my body when the yes is real?

WHAT IT REQUIRES

What boundaries or conditions make the yes sustainable?

KEEP IT HONEST

What would make me change my yes later?

WRITE IT DOWN

The Honest No



Slow down enough to be honest. You are not writing for an audience.

NO BECAUSE…

A no I genuinely need:

THE GUILT

What guilt might appear?

THE RESPECT

How can I communicate the no without over-explaining?

THE AFTERCARE

How will I support myself afterward?

WRITE IT DOWN

What Would I Stop Doing If I Believed I Was Worth Protecting?



Slow down enough to be honest. You are not writing for an audience.

THE HABIT

THE REASON I KEEP IT

THE CONSEQUENCE

THE FIRST CHANGE

OPEN PAGE

A Contract With Myself



Write five rules for staying on your own side. Make them practical, specific, and realistic.

03

SECTION 3

Promises & Follow-Through

Self-trust grows when your words and actions become more consistent — and when you repair honestly when they do not.



NOTICE • CHOOSE • KEEP • REPAIR

WRITE IT DOWN

My Promise for Today



Slow down enough to be honest. You are not writing for an audience.

THE PROMISE

WHY IT MATTERS

THE MINIMUM VERSION

WHEN I WILL DO IT

WRITE IT DOWN

The 5-Minute Promise



Slow down enough to be honest. You are not writing for an audience.

ONE THING

What can I do in five minutes?

START SIGNAL

What will remind me to begin?

DONE LOOKS LIKE

What is the finish line?

AFTERWARD

How will I acknowledge that I followed through?

WRITE IT DOWN

Promise Audit



Slow down enough to be honest. You are not writing for an audience.

A PROMISE I KEEP

A PROMISE I BREAK

WHY THE DIFFERENCE?

WHAT I LEARN

WRITE IT DOWN

Make It Smaller



Slow down enough to be honest. You are not writing for an audience.

THE ORIGINAL PLAN

WHY IT IS TOO BIG

THE 50% VERSION

WRITE IT DOWN

When I Let Myself Down



Slow down enough to be honest. You are not writing for an audience.

WHAT HAPPENED

Describe the facts without insults.

WHAT I FEEL

WHAT I CAN REPAIR

WHAT I WILL CHANGE

WRITE IT DOWN

Repair Instead of Shame



Slow down enough to be honest. You are not writing for an audience.

THE MISTAKE

THE CONSEQUENCE

THE REPAIR

What can I do now?

THE PREVENTION

What system or boundary would help next time?

WRITE IT DOWN

The Promise I Need to Renegotiate



Slow down enough to be honest. You are not writing for an audience.

ORIGINAL PROMISE

WHAT CHANGED

IS THE PROMISE STILL REALISTIC?

NEW PROMISE

Rewrite it without using failure language.

WRITE IT DOWN

Follow-Through Without Perfection



Slow down enough to be honest. You are not writing for an audience.

WHERE I AM CONSISTENT

WHERE I AM INCONSISTENT

WHAT MAKES THE DIFFERENCE

ONE SYSTEM

What can I make easier or more visible?

WRITE IT DOWN

My Reliability List



Slow down enough to be honest. You are not writing for an audience.

PEOPLE CAN RELY ON ME FOR…

I CAN RELY ON MYSELF FOR…

I WANT TO BECOME MORE RELIABLE AT…

THE NEXT PROOF

What action would demonstrate it?

WRITE IT DOWN

Habit Evidence



Slow down enough to be honest. You are not writing for an audience.

HABIT

WHY I WANT IT

TINY DAILY VERSION

HOW I WILL TRACK IT

WRITE IT DOWN

The Day I Did Not Feel Like It



Slow down enough to be honest. You are not writing for an audience.

WHAT I DID

WHAT I FELT

WHAT HELPED

WHAT THIS PROVES

WRITE IT DOWN

My Minimum Viable Day



Slow down enough to be honest. You are not writing for an audience.

BODY

WORK / RESPONSIBILITIES

CONNECTION

REST

WRITE IT DOWN

The Difference Between Discipline and Punishment



Slow down enough to be honest. You are not writing for an audience.

DISCIPLINE SOUNDS LIKE

PUNISHMENT SOUNDS LIKE

WHICH ONE AM I USING?

A BETTER APPROACH

OPEN PAGE

Letter to Myself After a Broken Promise



Write as someone who wants to rebuild trust, not destroy it.

04

SECTION 4

Decisions & Self-Trust

The question is not whether you can predict the future. It is whether you trust yourself to respond to it.



NOTICE • CHOOSE • KEEP • REPAIR

WRITE IT DOWN

The Decision I Keep Reopening



Slow down enough to be honest. You are not writing for an audience.

THE DECISION

WHAT I ALREADY KNOW

WHAT I AM STILL WAITING TO KNOW

WHAT WOULD BE ENOUGH INFORMATION?

WRITE IT DOWN

Fear vs Information



Slow down enough to be honest. You are not writing for an audience.

FEAR SAYS

THE FACTS SAY

WHAT I CAN VERIFY

WHAT I CANNOT KNOW YET

WRITE IT DOWN

If I Trusted My Ability to Handle the Outcome



Slow down enough to be honest. You are not writing for an audience.

THE CHOICE

THE WORST PLAUSIBLE OUTCOME

HOW I WOULD HANDLE IT

WHAT BECOMES POSSIBLE

WRITE IT DOWN

My Decision Filter

Run a decision through five honest questions before you act on it.



THE DECISION

THE FILTER

	YES	NOT SURE	NO
Is this based on facts, not only fear?	○	○	○
Does it fit my values?	○	○	○
Can I realistically follow through?	○	○	○
Will I respect this choice later?	○	○	○
Am I choosing alignment, not just approval?	○	○	○

MY DECISION

Which way am I leaning — and what is my next step?

WRITE IT DOWN

A Decision I Made Well



Slow down enough to be honest. You are not writing for an audience.

WHAT WAS THE CHOICE

WHAT DID I CONSIDER

WHAT DID I TRUST

WHAT DID I LEARN ABOUT MYSELF

WRITE IT DOWN

A Decision I Regret



Slow down enough to be honest. You are not writing for an audience.

WHAT HAPPENED

WHAT I KNOW NOW

WHAT WAS OUT OF MY CONTROL

WHAT I CAN LEARN WITHOUT PUNISHING

WRITE IT DOWN

What If I Change My Mind?



Slow down enough to be honest. You are not writing for an audience.

THE CHOICE

WHY I FEAR CHANGING IT

WHAT HAS CHANGED

THE RESPONSIBLE WAY TO CHANGE COURSE

WRITE IT DOWN

The Permission Slip



Slow down enough to be honest. You are not writing for an audience.

I GIVE MYSELF PERMISSION TO…

BECAUSE…

THE RISK I ACCEPT

THE FIRST ACTION

WRITE IT DOWN

When I Need More Time



Slow down enough to be honest. You are not writing for an audience.

WHAT IS PRESSURING ME

WHAT INFORMATION DO I NEED

WHAT QUESTION SHOULD I ASK

WHAT CAN WAIT

WRITE IT DOWN

My Inner Adviser



Ask the calm, wise part of you. Write down what it answers.

THE QUESTION I AM HOLDING

WHAT MY CALMEST SELF SAYS

WHAT MY KINDEST SELF SAYS

WHAT MY WISEST SELF SAYS

WRITE IT DOWN

Decision Debrief



Slow down enough to be honest. You are not writing for an audience.

THE CHOICE

RESULT

WHAT I WOULD REPEAT

WHAT I WOULD CHANGE

WRITE IT DOWN

Uncertainty Practice



Slow down enough to be honest. You are not writing for an audience.

WHAT I CANNOT CONTROL

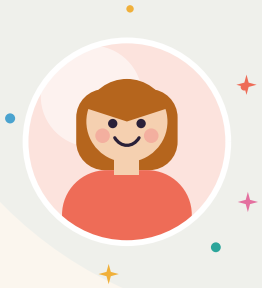
WHAT I CAN CONTROL

WHAT I CAN PREPARE

WHAT I CAN RELEASE

WRITE IT DOWN

The Choice That Protects Future Me



Slow down enough to be honest. You are not writing for an audience.

TODAY'S TEMPTATION

FUTURE COST

FUTURE BENEFIT

THE CHOICE I WANT TO MAKE

OPEN PAGE



A Letter From My Most Self-Trusting Self

What would that version of you tell you about uncertainty, mistakes, and choosing your own life?

05

SECTION 5

Self-Compassion & Repair

Being there for yourself includes telling the truth about what happened without turning yourself into the problem.



NOTICE • CHOOSE • KEEP • REPAIR

WRITE IT DOWN

What Would I Say to Someone I Love?



Slow down enough to be honest. You are not writing for an audience.

THE SITUATION

WHAT I WOULD SAY TO THEM

WHAT I AM SAYING TO MYSELF

THE REWRITE

WRITE IT DOWN

The Shame Spiral Breaker



Slow down enough to be honest. You are not writing for an audience.

TRIGGER

STORY

What did I immediately conclude about myself?

FACT

What actually happened?

NEXT STEP

What useful action comes next?

WRITE IT DOWN

I Can Be Accountable Without Hating Myself



Slow down enough to be honest. You are not writing for an audience.

WHAT I DID

WHO WAS AFFECTED

WHAT I CAN REPAIR

WHAT I WILL LEARN

WRITE IT DOWN

The Part of Me I Keep Criticizing



Slow down enough to be honest. You are not writing for an audience.

WHAT I DISLIKE

WHAT IT MAY BE TRYING TO PROTECT

WHAT IT NEEDS

WHAT I WANT TO PRACTICE INSTEAD

WRITE IT DOWN

A Day I Need to Forgive Myself For



Slow down enough to be honest. You are not writing for an audience.

THE MEMORY

WHAT I WISH HAD HAPPENED

WHAT I KNOW NOW

WHAT I AM READY TO STOP REPLAYING

WRITE IT DOWN

The Difference Between Regret and Responsibility



Slow down enough to be honest. You are not writing for an audience.

REGRET

What hurts?

RESPONSIBILITY

What is mine to own?

REPAIR

What can I do?

RELEASE

What is no longer useful to carry?

WRITE IT DOWN

When I Need Rest, Not More Discipline



Slow down enough to be honest. You are not writing for an audience.

SIGNS

WHAT I HAVE BEEN PUSHING

WHAT REST WOULD LOOK LIKE

WHAT I FEAR REST WILL COST

WRITE IT DOWN

My Gentle Reset



Slow down enough to be honest. You are not writing for an audience.

STOP

What can pause?

SOOTHE

What helps me regulate?

SORT

What actually matters?

START

What is the next small action?

WRITE IT DOWN

How I Want to Treat Myself on Bad Days



Slow down enough to be honest. You are not writing for an audience.

NO MATTER WHAT

I WILL NOT

I WILL

I WILL ASK FOR

WRITE IT DOWN

My Personal Repair Ritual



Slow down enough to be honest. You are not writing for an audience.

AFTER A HARD DAY

What do I need first?

AFTER A MISTAKE

What repair action helps?

AFTER CONFLICT

What helps me return to myself?

AFTER DISAPPOINTMENT

How will I avoid making it a verdict on my worth?

WRITE IT DOWN

A Kind Boundary With Myself



Slow down enough to be honest. You are not writing for an audience.

I WILL STOP

I WILL LIMIT

I WILL PROTECT

I WILL PRACTICE

WRITE IT DOWN

What Does Safety Feel Like in My Own Life?



Slow down enough to be honest. You are not writing for an audience.

PEOPLE

PLACES

ROUTINES

MY OWN BEHAVIOUR

What do I do that makes myself feel more secure?

WRITE IT DOWN

The Things I Do That Quietly Support Me



Slow down enough to be honest. You are not writing for an audience.

DAILY

WEEKLY

WHEN LIFE IS HARD

WHEN LIFE IS GOOD

OPEN PAGE

A Note to Myself on a Difficult Day



Write something you can return to when your thinking becomes harsh or hopeless.

06

SECTION 6

5% Better

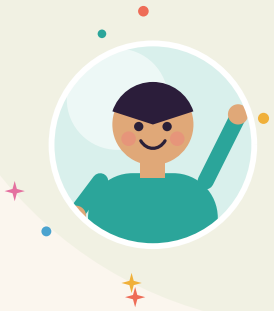
You do not need a dramatic reinvention. Build trust through small improvements you can repeat.



NOTICE • CHOOSE • KEEP • REPAIR

WRITE IT DOWN

How Can I Make Today 5% Better?



Slow down enough to be honest. You are not writing for an audience.

REMOVE

What can I make easier or less complicated?

ADD

What tiny action would improve the day?

PROTECT

What deserves a boundary?

ACKNOWLEDGE

What is already going well?

WRITE IT DOWN

Tomorrow Starts Tonight



Slow down enough to be honest. You are not writing for an audience.

WHAT I CAN PREPARE

WHAT I CAN DECIDE NOW

WHAT I CAN STOP THINKING ABOUT

ONE KIND THING FOR MORNING ME

WRITE IT DOWN

My 10-Minute Reset



Slow down enough to be honest. You are not writing for an audience.

MINUTE 1–2

MINUTE 3–5

MINUTE 6–8

MINUTE 9–10

WRITE IT DOWN

The One Thing I Can Finish



Slow down enough to be honest. You are not writing for an audience.

THE TASK

WHY IT MATTERS

WHAT DONE MEANS

WHEN I WILL FINISH

WRITE IT DOWN

Make the Environment Help Me



Your surroundings quietly shape your choices. Set them up to support you.

WHAT I CAN PUT IN SIGHT

Cues that remind me of what matters.

WHAT I CAN MOVE OUT OF SIGHT

What makes the unhelpful choice too easy?

WHAT I CAN PREPARE IN ADVANCE

ONE SPACE I WILL RESET TODAY

WRITE IT DOWN

My Friction Audit



Slow down enough to be honest. You are not writing for an audience.

A GOOD HABIT I AVOID

WHY IT IS HARD TO START

ONE FRICTION TO REMOVE

ONE CUE TO ADD

WRITE IT DOWN

The 5% Better Conversation



Slow down enough to be honest. You are not writing for an audience.

WHAT NEEDS TO BE SAID

WHAT I WANT TO PROTECT

WHAT I CAN SAY SIMPLY

WHAT I WILL NOT OVER-EXPLAIN

WRITE IT DOWN

The 5% Better Workday



Slow down enough to be honest. You are not writing for an audience.

ONE PRIORITY

ONE DISTRACTION TO REDUCE

ONE BREAK TO PROTECT

ONE BOUNDARY

WRITE IT DOWN

The 5% Better Evening



Slow down enough to be honest. You are not writing for an audience.

WHAT I WANT TO STOP CARRYING

WHAT I WANT TO FINISH

WHAT I WANT TO ENJOY

WHAT I WANT TO DO FOR TOMORROW ME

WRITE IT DOWN

The 5% Better Relationship With Myself



Slow down enough to be honest. You are not writing for an audience.

WHAT I WANT TO SAY LESS

WHAT I WANT TO SAY MORE

WHAT I WANT TO DO MORE

WHAT I WANT TO STOP DOING TO MYSELF

WRITE IT DOWN

My Weekly Self-Trust Scorecard



Slow down enough to be honest. You are not writing for an audience.

PROMISES KEPT

BOUNDARIES KEPT

NEEDS NOTICED

REPAIRS MADE

OPEN PAGE

My 30-Day Self-Trust Experiment



Choose one small behaviour you will practise for 30 days. Define the behaviour, the cue, the minimum version, and how you will review it.

TRACKER

30-Day Evidence Log



Each day, record one action that proves you are becoming more reliable to yourself.

1 ☆	2 ☆	3 ☆	4 ☆	5 ☆	6 ☆
7 ☆	8 ☆	9 ☆	10 ☆	11 ☆	12 ☆
13 ☆	14 ☆	15 ☆	16 ☆	17 ☆	18 ☆
19 ☆	20 ☆	21 ☆	22 ☆	23 ☆	24 ☆
25 ☆	26 ☆	27 ☆	28 ☆	29 ☆	30 ☆

WHAT THE EVIDENCE SHOWS

WEEKLY CHECK-IN

What Did I Prove This Week?



Self-trust is evidence. Collect it.

THIS WEEK

	M	T	W	T	F	S	S
I noticed my needs	○	○	○	○	○	○	○
I kept a promise	○	○	○	○	○	○	○
I set a boundary	○	○	○	○	○	○	○
I repaired something	○	○	○	○	○	○	○
I made a brave choice	○	○	○	○	○	○	○
I rested when needed	○	○	○	○	○	○	○

WHAT DO I TRUST MYSELF MORE WITH NOW?

WRITE IT DOWN

The Evidence I Want to Remember



Slow down enough to be honest. You are not writing for an audience.

A TIME I CHOSE MYSELF

A TIME I KEPT MY WORD

A TIME I REPAIRED

A TIME I TRUSTED MY JUDGMENT

WRITE IT DOWN

My Self-Trust Principles



Slow down enough to be honest. You are not writing for an audience.

PRINCIPLE 1

PRINCIPLE 2

PRINCIPLE 3

PRINCIPLE 4

WRITE IT DOWN

When I Start Doubting Myself Again



Slow down enough to be honest. You are not writing for an audience.

THE EARLY SIGNS

WHAT I WILL CHECK

WHAT I WILL NOT DO

WHAT I WILL DO NEXT

WRITE IT DOWN

My Personal Self-Trust Manifesto



Slow down enough to be honest. You are not writing for an audience.

I WILL LISTEN TO…

I WILL PROTECT…

I WILL KEEP PROMISING…

I WILL RETURN TO MYSELF BY…

FINAL REFLECTION

Look What You Built

Do not grade yourself. Notice the evidence.



I KNOW MYSELF BETTER BECAUSE…

I TRUST MYSELF MORE WHEN…

I NO LONGER WANT TO ABANDON MYSELF

THE PROMISE I WANT TO KEEP GOING FORWARD

Self-trust is not certainty. It is knowing you will be there for yourself when certainty disappears.



A PROMISE TO MYSELF

I will come back to myself.

Not perfectly. Not every day. But honestly.

I will notice what I need, tell myself the truth, make promises I can keep, repair when I fall short, and choose myself without needing to become someone else first.

SIGNED

DATE

NOTICE • CHOOSE • KEEP

Crafted by Shivani Bhatnagar with a lot of positivity and love

Talk_Sense_02