

SelfLove: trust worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. define trust:

2. how to apply the definition above to self:

3. what successes/accomplishments can you repeat :

4. how did you survive your lowest points in life:

5. what can you depend on yourself to do:

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6. what can you depend on yourself to not do:

7. how can one gain your trust:

8. how can one RE-gain your trust:

9. what blocks you from trusting yourself:

10. write "I trust myself" 3 times .

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