

## 10 Qualities and Behaviors of Self-Trust

1. I attend to my self-doubt with compassion and curiosity.
2. I listen deeply to my body's wisdom and instincts and act accordingly.
3. I begin my day with a grounding practice and manage my state throughout the day.
4. I am real with people and lead with goodwill toward all.
5. I take myself lightly and laugh gently at my human quirks.
6. I practice compassion and forgiveness.
7. I lean into discomfort and regulate and explore my emotions.
8. I remain curious and open, even when I think I know.
9. I am open to and elicit feedback from others.
10. I show up fully and offer my gifts and creative input.

**Affirmation: I am trusting myself and enter this day with an open heart and mind.**

