



# LEARNING TO TRUST YOURSELF

## REFLECTION SHEET

WHISPER No. 05 OF 52

### ABOUT THIS WHISPER

You carry wisdom within you. Learning to trust yourself means honouring your inner knowing, your feelings and your intuition. This Whisper encourages you to build confidence in your own guidance and believe in your path.

*“Trust the whispers within you. You know more than you think you do.”*

– UNKNOWN

DATE: \_\_\_\_\_

A SIGN I NOTICED OR QUESTION I HAVE: \_\_\_\_\_



**WHAT DOES TRUST MEAN TO ME?**

When do I find it easy to trust myself?

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**WHEN HAVE I IGNORED MY INNER KNOWING?**

What happened and how did it feel?

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**WHAT SIGNS TELL ME I AM ON THE RIGHT PATH?**

What reassures me when I feel unsure?

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**WHAT STRENGTHS DO I OFTEN FORGET I HAVE?**

How can I remember them daily?

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**HOW CAN I BE MORE GENTLE AND KIND WITH MYSELF?**

What would that look and feel like?

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**WHAT WOULD I DO IF I TRUSTED MYSELF COMPLETELY?**

What steps could I take towards that life?

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**ADDITIONAL REFLECTIONS**

Anything else I would like to note.

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*Carole's Whisper*

*Trust is a gentle practice. Start with the small whispers. You already hold the answers within you.*



**AFFIRMATION**

*“I trust myself and the wisdom within me. I am guided, capable and exactly where I need to be.”*