

Radiant Core Solutions



11 Questions to Self Trust

		Never	Rarely	Sometimes	Frequently	Always
1	I honour personal resolutions as I would a promise to a friend.					
2	I wouldn't delay important plans for the convenience of others.					
3	I check my health and emotional well-being often, making changes to improve them.					
4	When I make an honest mistake, I tell myself, "No one is perfect, I'll learn from this."					
5	I actively seek solutions for problems and pay for the resources to help me solve them.					
6	I speak as supportively and kindly to myself as I do to those I love.					
7	I anticipate and take care of my special needs when I'm faced with big tasks.					
8	I'm as careful about my money as I would be with a friend's.					
9	I look for ways to express my creativity.					
10	I schedule small steps in big tasks and don't procrastinate.					
11	I seek help if I'm emotionally or physically in pain and without unnecessary delay.					



Results

After answering the questions is there a clear picture of trust or work to be done?

If there are answers in the never and rarely what small step can you do or create to start treating yourself like you would a good friend?

1)

2)

When you create that goal what might get in the way?

What will you do to mitigate this?

When we can fully trust ourselves, then we set better boundaries, are more effective and have greater energy available to us. This is the road to self-love and authenticity.

Cheers to your journey!

Corby