



Trust Yourself!

By: Wendy Mickle

Wake Your Spirit Up!

www.selfhelpportal4u.com

Copyright 2012 Wake Your Spirit Up- Selfhelpportal4u.com-All rights reserved. No part of this publication may be reproduced or distributed in any form or by any means, without the prior written permission of the publisher.

Disclaimer:

The Author and Publisher is furnishing this item "as is". The Author and Publisher does not provide any warranty of the item whatsoever, whether express, implied, or statutory, including, but not limited to, any warranty of merchantability of fitness for a particular purpose or any warranty that the contents of the item will be error-free.

In no respect shall the Author or Publisher incur any liability for any damages, including, but limited to, direct, indirect, special, or consequential damages arising out of, resulting from, or any way connected to the use of the item, whether or not injury was sustained by persons or property or otherwise; and whether or not loss was sustained from, or arose out of, the results of, the item, or any services that may be provided by the Author and Publisher.

How well do you trust yourself?

As you look over your life are you happy with the choices you have made? Are there any times in your life, where you wish you made a different choice? Trusting yourself is like making a slam dunk with your choices in life, every time.

Sure getting advice is important and we all need the support of our loved ones, but when it comes right down to it, it is still your choice and you have to live with that. So developing a strong trust within your self is necessary for you to "get the life you want!"

Here are 4 objectives to keep in mind when evaluating your trust-meter!

1. Missed opportunity. Life happens so quickly and when opportunities present themselves you might feel like it is out of reach or not the right time for you, whatever you say to yourself, it all boils down to “what you do and what you don’t do.” That’s it! There are always reasons to not do something and there are always reasons to do it. It all comes down to your choice, fear, confidence and trust!

2. Staying Put! I think one of the sadness experiences is when people do not change their lives despite their lack of happiness and fulfillment, such as staying in a job or a relationship that is sucking the life out of them. Instead of making the choice to trust themselves, and end the relationship they choice to stay put, believing that things should stay this way for the reasons they tell themselves.

3. Too Risking! Playing it safe throughout life will definitely lead to a very unsatisfying life. If you have a hard time taking positive risks than you definitely have a hard time trusting yourself. What is the last risking thing you did? How did it pay off?

4. Stand Up! As children we looked to our parents to keep us safe and to help us make good decisions about our life. But there may come a time when what your parents want for you and what you want for you, are too very different things. A great example is college. When I went to college, I was not straight out of high school, but most of my classmates were. And, I did witness many students who were internally unsatisfied with their situation because they did not stand up and trust themselves to make a different decision about the best thing for them.

I have also met many people who were pushed into the military and again ended up feeling unsatisfied with their life.

“Part of growing is learning how to be emotional healthy, which means trusting yourself.”

There will be many times in life when you need to stand up and make a different choice than what other people want for you, trust yourself and you will always be Right!

Here are a few ideas to keep in mind as you develop a self-trust.

Study yourself as an individual! Look, you and only you know yourself the best. Notice what works for you and what doesn't, if you are stuck doing something (like a job) you don't like then that is a good indication that you do not trust yourself, which stands in your way of getting the life you want. Look at your life and notice any commitments you have made that are unsatisfying and think about how to change them.

Can you feel your Gut! There is a gut feeling when your intuition speaks, some people are very good at ignoring this, which I do not wreck amend. Practice noticing your gut feelings and this will enhance your feelings around trust.

How much Validation do you need? Validation is a tricky thing. When we are making decisions in life it is nice to have validation, it's like our own personal cheer leading squad and who wouldn't want that? But validation can also stand in your way of trusting yourself, because you may be worried about how your decisions will be perceived.

If you have had trouble trusting yourself or other people in your life, then it is time to deprogram thoughts and beliefs that are holding you back from developing a self-trust! I have written two exercises below to help you get started in strengthening your trust!

Exercises: Guessing Time & Pick a Project

Guessing Time!

Use a digital clock and 3 times a day try to guess the time, then record how close you are. This little exercise develops confidence because after a few times you will get good at guessing the right time. It develops trust because self confidence builds trust automatically and this little exercise is also great at developing intuition.

Tip: You can expand this exercise by using playing cards, start by just guessing the color, then guess the suit and when your confidence is built up, try guessing the number. Each time you had a level of difficulty you build up your confidence and trust within yourself.



Pick a Project!

If you really want a challenge pick a project right now, that you need to do, for a better life that you feel a little hesitate about.....

Write out the steps

.....

.....

.....

Write out the steps within the steps if the project warrants it.

.....

.....

.....

Look at your list and start one thing today!

“By trusting yourself and the decisions you make to complete the project Will Guarantee a Greater level of Trust Within!”



I hope you have enjoyed this little Quick Guide Trust Yourself. If you have any ideas about techniques on building trust or you want to share your experiences about trust please click the link below, it will bring you to my website where you can leave a comment and share your thoughts.

[Trust Yourself](#)

If you know anyone who could benefit from the Self help therapy program

[“Get the Life You Want!”](#) please forward this link to them so they can sign up!

Thanks for being a part of “Getting the Life you want!”

Wendy

Wake Your Spirit UP!

Inspiration in 60 Seconds
Self Help Therapy & Audio Program
Get The Life You Want!

Wendy Mickle PH.D



