

Self-belief

and

Trust

JOURNAL



All contents of this Journal have been written by Caroline Meade
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I am really happy that you are taking time for yourself this month to go beneath the surface and create a space where you can connect with your belief, value and worth. Even if you feel it is not there. It is. Finding these will help support you in trusting yourself, others and life more and more, so that you can live in alignment with your desires and start creating deeper life experiences and navigate life when it inevitably gets stressful or difficult.



Before you begin writing in your journal it would be a lovely to safely light a candle and put on some relaxation music. It would also be lovely to close your eyes for a few moments to center yourself. Place your hands on your heart and just breathe in and out until you feel your body and mind are beginning to let go and relax.

When I read the following words it makes me feel or think...

Self-belief:

Self-value

Self-worth

Next, take a moment and ask yourself where on a scale of 0-100 is your self-belief, self-value and self-worth. Grade each one separately.

What areas of your life do you have self-belief, value and worth in?

Why or how do you have this belief, value or worth in these areas?

What areas of your life do you not have self-belief, value and worth in?

Why or how do you not have this belief, value or worth in these areas?

How do you feel about yourself? Just write whatever comes into your head.

How do you think others view you?

How do you know they feel this way? It is important when judging how people feel about us we are factual and realistic rather than making a presumption from our own perspective.

How would you like to feel about yourself?

How do you think your belief, value and worth hold you back in life?

How do you think they propel you forward?

Do you trust yourself? Why or why not?

Do you trust your inner voice and intuition? Why or why not?

Do you struggle to make decisions? Why or why not?

Who do you trust in your life? Why?

How do they make you feel?

Who do you not trust in your life? Why?

How do they make you feel?

Do you trust that life is here to support you? Why or why not?

What would you like to trust in life?

