



# Finding Yourself 15 Anchors for Truth, Boundaries & Self-Trust

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## *Uncomfortable Truths About Reclaiming Power*

You don't have to keep silent to keep the peace.  
That version of you is gone.

In which situations do you choose to silent?  
What discomfort are you trying to avoid?

If you weren't keeping silent in that moment,  
what would you be doing or saying differently?

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## *Uncomfortable Truths About Reclaiming Power*

Peace doesn't always come from closure.  
Peace comes from intentionally choosing your life.

In what area of your life are you ready to choose differently,  
even if the past still feels unresolved?

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## *Uncomfortable Truths About Reclaiming Power*

Boundaries aren't rejection.  
They're self-respect.

What boundary are you afraid to set because you fear it will be  
taken the wrong way?

What would it mean to set the boundary anyway?

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## *Uncomfortable Truths About Reclaiming Power*

You don't owe anyone access to the  
healed version of you.

What would it mean to share your healing only with  
those who feel safe to witness it?

If your healing never got acknowledged, would it still  
feel real to you? Why or why not?

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## *Uncomfortable Truths About Reclaiming Power*

You can have compassion for their pain  
and still choose not to hold it.

Whose pain have you been carrying as if it's your  
responsibility?

What part of you still believes that letting go  
means not caring?

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## *Daily Practices for Self-Trust*

Practice not responding right away.  
Constant availability is not your responsibility.

What sensations come up in your body when you don't  
respond immediately?

What would change in your life if you allowed yourself to  
be unavailable sometimes?

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## *Daily Practices for Self-Trust*

Give yourself more than you give others.  
Especially your time.

What do you do for others that you rarely  
(or never) do for yourself?

What would shift in your life if you were  
unavailable for a few hours a day?

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## *Daily Practices for Self-Trust*

Choose your peace,  
even when you feel pulled toward pretending.

What does pretending look like for you?  
If you stopped pretending today, what would you say no to?  
What would you say yes to?

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## *Daily Practices for Self-Trust*

Let people wonder.  
You don't owe everyone clarity.

What would it feel like to let someone misunderstand you  
without trying to fix it?

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## *Daily Practices for Self-Trust*

Take up space in your own life.  
You're not here to be small.

What does "taking up space" mean to you?

Where do you feel ready to expand?

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## *How to Exercise Your Truth Muscle*

Being true to yourself might feel unnatural at first.  
That's because you were trained to abandon you.

What parts of yourself have felt unnatural to express?

How can you train these truths every day?

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## *How to Exercise Your Truth Muscle*

Saying what you actually feel will feel messy at first.  
Keep going.

When was the last time you expressed your feelings honestly?  
What happened, and what did it teach you?

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## *How to Exercise Your Truth Muscle*

When you choose truth over people-pleasing,  
discomfort is temporary.  
Being true to yourself is forever.

What truth have you been holding back in order to  
make others more comfortable?

What might integrity ask of you now?

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## *How to Exercise Your Truth Muscle*

Let discomfort teach you that you're building  
new emotional muscles

What uncomfortable emotion are you currently  
facing?

What might it be teaching you?

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## *How to Exercise Your Truth Muscle*

Make peace a habit,  
not a reward you have to earn.

In what ways have you tied your sense of peace  
to performance, approval, or productivity?

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