



# Finding Yourself

## 5 Prompts to Build Self-Trust



## *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 change in your life if you were  
to give yourself for even a few hours a day?

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## *Daily Practices for Self-Trust*

Choose your peace,  
even when you feel pulled towards  
old survival patterns.

What do your survival patterns look like?

If you stopped surviving 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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## *Thank you*

Thank you for being here.  
For taking a quiet moment to reflect,  
feel, and listen to your heart.  
That alone is an act of courage.

If you enjoyed these journal prompts,  
I'd love to invite you into a deeper  
journey

My Finding Your Clarity workbook, with  
3 Chapters to help you untangle from  
the noise and reconnect with your  
power.

When you're ready, the link's below.

*With love,*  
*Amy-Alyce*