

# **Weekly Takeaway Sheet**

## ***You Know More Than You Think***

### **1. Life Experience Is Knowledge — Even When It Came from Mistakes**

- Mistakes are lessons, not failures
- Lived experience creates real wisdom
- Your past added insight, not disqualification

### **2. You've Solved Problems, Survived Hard Seasons, and Adapted**

- Resilience is a form of intelligence
- You figured things out even when it was hard
- Adaptability proves your capability

### **3. Overwhelm Comes from Forgetting What You Already Know Works**

- Stress clouds clarity — it doesn't erase wisdom
- Simple tools often help the most
- Pausing reconnects you to what works

### **4. Confidence Grows When You Trust Your Inner Voice Again**

- Your inner knowing is steady and reliable
- Listening inward builds self-trust
- Confidence follows alignment, not approval