

Weekly Takeaway Sheet

Trusting Yourself Is a Skill – Not a Personality Trait **Clarity - March 2026: Week 2 ~ 3-9-26**

1. Self-Trust Grows Through Repetition

- Confidence strengthens with consistent action
- Small follow-through builds belief
- Practice matters more than personality

2. You've Already Made Thousands of Decisions That Worked Out

- Your past choices prove your capability
- Everyday decisions count as evidence
- You are more experienced than you think

3. Mistakes Are Feedback, Not Proof You Can't Choose Well

- Errors teach valuable lessons
- Growth comes from adjustment
- Self-trust grows when you recover and refine

4. Small Daily Choices Reinforce Confidence

- Tiny decisions create momentum
- Alignment builds inner stability
- Consistency strengthens clarity