

 **Worksheet: Building Self-Trust Through Small Choices**

Purpose: To help you recognize how everyday decisions strengthen confidence and create momentum.

1. Notice Your Small Choices

List **three small choices** you've made recently that honored yourself.

1. _____
2. _____
3. _____

2. Reflect on the Impact

Choose **one** of the choices above and answer:

- How did this choice make me feel afterward? _____

- What did it reinforce about my ability to trust myself? _____

3. Plan the Next Small Step

- One small choice I can make this week to honor myself is: _____

4. Strengthen the Habit

Finish this sentence:

- *“When I make small choices that align with me, I am building* _____.”