

Worksheet: Evidence of My Decision-Making Strength

Purpose: To build self-trust by recognizing the many choices you've already handled successfully.

1. Everyday Decisions

List 5 everyday decisions you've made recently that turned out fine — even simple ones.

- 1.
- 2.
- 3.
- 4.
- 5.

2. Bigger Life Decisions

Think of 2–3 bigger choices you've made in your life (career shifts, relationships, health decisions, moves, boundaries, etc.).

- Decision #1: _____
What worked out because of this choice?

- Decision #2: _____
What strength did I use to make it?

3. Reframing Doubt

When I doubt myself, I usually think:

A more balanced truth I can tell myself instead:

4. Strength Statement

Complete this sentence:

“I have already proven that I can _____.”