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BECOMING HER AGAIN
THE SELF-TRUST METHOD

A CALMER MIND | A KINDER YOU | A BRIGHTER NEXT CHAPTER

THE
SELF-TRUST
CHECK-IN

— — — — —
A 5-minute check-in to help you notice
where you may have stopped listening to yourself,
reconnect with what you need, and take your first step
towards trusting yourself again.

*Small
Steps
Create
Real
Change*
♡



Dee Shepherd
THE SELF-TRUST EXPERT
— — — — —

BECAUSE SUCCESS SHOULD NEVER COST YOU YOURSELF.

YOUR SELF-TRUST CHECK-IN



Take a moment for you.

You do not need fixing.
There is nothing wrong with you.

But there may be parts of yourself you have stopped listening to.

Sometimes life becomes so full of roles, responsibilities, expectations and other people's needs that your own voice becomes quieter.

You may still be successful. You may still be functioning. You may still be the woman everyone relies on.

But underneath it all, you may feel disconnected from yourself, unsure of what you want, or like your life should feel different somehow.

This check-in is about awareness.

Not judgement.

Not fixing.

Not becoming someone else.

It is about pausing long enough to notice your relationship with yourself and where you might want to begin paying attention again.

*Take a few quiet minutes.
There are no right or wrong answers.*

For each statement, choose the number that feels most true for you right now.

1

Rarely
true for me

2

Sometimes
true

3

Often
true

4

Mostly
true

5

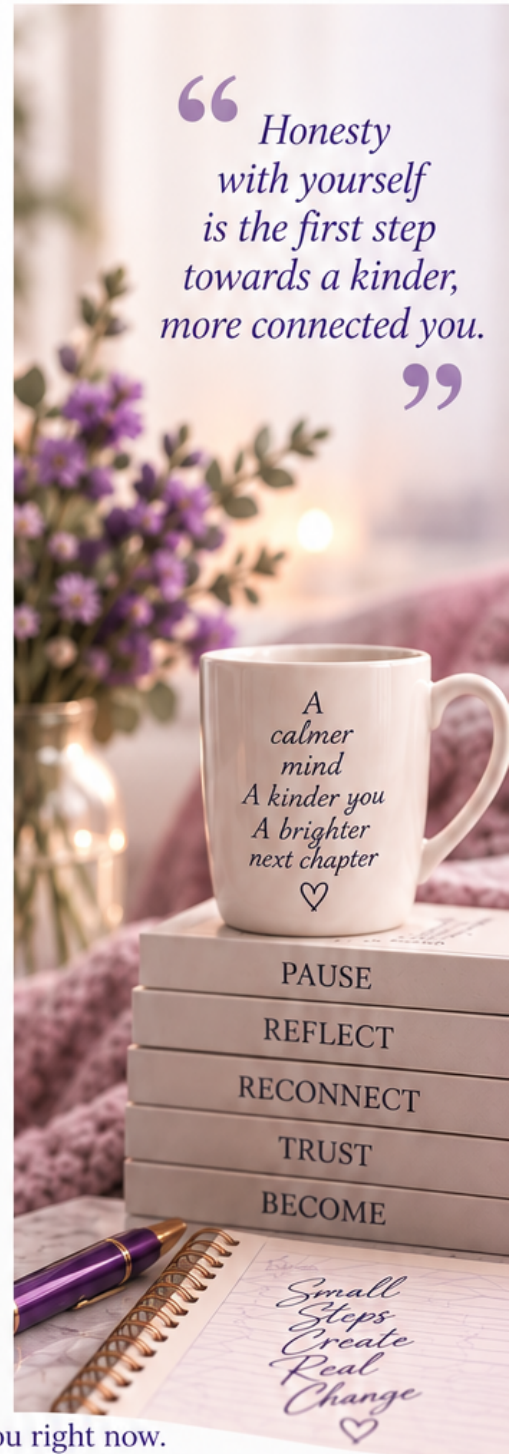
Consistently
true for me

*Small
Steps
Big
Change*
♡

PAGE 1

THE
SELF-TRUST
CHECK-IN

“Honesty
with yourself
is the first step
towards a kinder,
more connected you.”



— Dee ♡ —

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YOUR SELF-TRUST CHECK-IN



Be honest with yourself...

For each statement, choose the number that feels most true for you right now.

- 1 I trust myself to make decisions in my personal life without needing everyone else's approval. 1 2 3 4 5
- 2 I trust myself to make decisions in my work or business without constantly needing reassurance from others. 1 2 3 4 5
- 3 I listen to what I need before I automatically respond to everyone else. 1 2 3 4 5
- 4 I keep the promises I make to myself. 1 2 3 4 5
- 5 I can say no in my personal life without feeling guilty. 1 2 3 4 5
- 6 I know what I actually want, separate from what others expect of me. 1 2 3 4 5
- 7 I notice when something doesn't feel right and pay attention to it. 1 2 3 4 5
- 8 I allow myself to acknowledge when I want something different from what I have now. 1 2 3 4 5

*Don't overthink your answers.
Your first response is often the one worth paying attention to.*

— Dee —
THE SELF-TRUST EXPERT

*Small
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Big
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THE
SELF-TRUST
CHECK-IN

“A more connected you begins with a moment of honesty.”



BECAUSE SUCCESS SHOULD
NEVER COST YOU YOURSELF.

YOUR SELF-TRUST CHECK-IN



Go a little deeper...

For each statement, choose the number that feels most true for you right now.

9 I listen to my intuition, even when it doesn't make logical sense. 1 2 3 4 5

10 I trust myself to handle challenges, even when things feel uncertain. 1 2 3 4 5

11 I prioritize my own needs without feeling selfish. 1 2 3 4 5

12 I am comfortable making decisions without overthinking them. 1 2 3 4 5

13 I set boundaries and stick to them. 1 2 3 4 5

14 I trust myself to make changes when something no longer feels right. 1 2 3 4 5

15 I speak up for myself, even when it feels uncomfortable. 1 2 3 4 5

16 I believe in my ability to create a life that feels aligned with who I truly am. 1 2 3 4 5

*There are no right or wrong answers.
This is a moment of honesty with yourself.*

— Dee —
THE SELF-TRUST EXPERT

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Steps
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THE
SELF-TRUST
CHECK-IN

“Trusting yourself is the beginning of a life that feels like yours.”



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YOUR SELF-TRUST CHECK-IN



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THE
SELF-TRUST
CHECK-IN

Your Results

Add up your scores from pages 2 and 3.
Your total score will be between 16 and 80.

16 – 32

YOUR SELF-TRUST NEEDS NURTURING

Your answers suggest that you may have become disconnected from your own voice. You might be relying on others, overthinking decisions or putting everyone else first. This doesn't mean there's something wrong with you. It simply means it's time to start rebuilding your relationship with yourself.

33 – 48

YOUR SELF-TRUST IS DEVELOPING

You probably trust yourself in some areas, but find yourself second-guessing yourself in others. You may look confident on the outside, while quietly questioning your decisions at times. This is a powerful place to be, because awareness is the first step towards lasting change.

49 – 64

YOUR SELF-TRUST IS STRONG

You have a good foundation of self-trust and you are generally able to hear your own needs, make decisions and stay true to yourself. You may still have moments of doubt (we all do), but overall you trust yourself and your judgement. Your next step is to keep nurturing this and continue choosing you, especially when life gets busy.

65 – 80

YOU ARE DEEPLY CONNECTED TO YOURSELF

You have a strong relationship with yourself. You trust your intuition, make decisions with clarity, set boundaries and stay true to what matters to you. You understand that self-trust isn't about being perfect, it's about showing up for yourself, again and again. Keep doing what you're doing, and continue to be the example for other women that self-trust is possible.

“

*A kinder you
creates a
brighter
next chapter.*

”



— *Dee* ♡ —

BECAUSE SUCCESS SHOULD NEVER COST
YOU YOURSELF.

YOUR SELF-TRUST CHECK-IN



Your Next Steps

Your results give you a snapshot of where you are right now. Now it's time to decide what happens next. Whatever your score, there's always a next step – and you don't have to take it alone.



Work With Me

If your scores are on the lower side, or you know it's time to go deeper, I offer 1:1 coaching and group programmes to help you rebuild your self-trust and create a life and business that feels aligned with who you truly are.



Book a Discovery Call

Let's have a relaxed, no-pressure conversation about where you are, what you need and how I can support you. This is the perfect next step if you want to explore working together.



BOOK YOUR DISCOVERY CALL



calendly.com/deeshepherd



Get in Touch

If you have any questions, or would like to know more about my coaching, programmes or upcoming events, you can email me directly.



hello@becomingheragain.online



CLARITY
for your next
chapter



SUPPORT
on your
journey



PRACTICAL
TOOLS
for real change



A COMMUNITY
of like-minded
women

*"You don't have to do this alone.
Let's take the next step together."*

— Dee ♥ —

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YOU YOURSELF.

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