

FULLER RICHER LIFE

A guide for the woman who has it all — except her own trust

7 Days to Trust Yourself Again

A short, honest practice for the woman who can decide anything for everyone else, and hesitates the moment it's for her.

SEVEN DAYS
THREE EXERCISES

Before you begin

Where this starts

You've built the life that looks right on paper. But you second-guess yourself constantly. You can make decisions confidently, except when it comes to yourself. When it's time to make a decision for you, you look to others for confirmation and don't trust your own decisions. This is where the frustration comes in. You can do for others what you can't do for yourself. You just don't seem to trust yourself.

Before you can become the version of her you dream of being, you have to get honest about who you are today. You can't be the next version of you and stay exactly as you are right now. Something has to be released. You have to let go of what your current version is holding onto, so the next version has room to show up.

This week, we start to change that.

Stop the Negative Talk

The noticing begins here.

List 3 negative things you say to yourself.

Chances are, if you're highly successful, you've pushed yourself to get here. You probably tell yourself you need to do more to succeed more. And when you don't hit "the more," you beat yourself up. "You know better. You should've tried harder."

This strategy worked. It got you here. But how much is it costing you in joy, happiness, peace, and calm?

Throughout the day, notice what you say to yourself. Catch 3 negative things and write them down. That's it. Simple.

Your to-do list brain wants more right now. "Okay, what's next? How do I use this? How do I turn this into my dream version?" Not yet. Right here, I want you to train your brain to get comfortable doing simple things. You already know how to do the hard things. When you master the simple things and compound them, you get results the hard way could never give you. Work smarter, not harder. That means simple and efficient, not complicated.

Notice something already? Just seeing those 3 things written down instead of carrying them around in your head feels different. That's the shift, already starting.

Day One

Day Two

Find the Truth

The reframe begins here.

Keep catching yourself. Every day, keep noticing the negative things you say to yourself – the list from Day 1 & 2 doesn't stop growing just because the exercise changed.

Still catching yourself saying, "I didn't even finish my list. What's wrong with me?" That's exactly the pattern we're working on.

Take a piece of paper. Make 2 columns.

Fill in a new set of columns each day. On the left, write the negative things or thoughts you caught yourself saying that day. On the right, ask yourself: what's the truth here? Write the positive truth across from each one.

Day Three

Negative Things I Say About Me	What Is The Truth?
.....	
.....	
.....	

Day Four

Negative Things I Say About Me	What Is The Truth?
.....	
.....	
.....	

Day Five

Negative Things I Say About Me	What Is The Truth?
.....	
.....	
.....	

Now look at both columns side by side. That thing you've been carrying around in your head, and the truth sitting right next to it – which one actually holds up?

Day Six & Seven

Own the Positive

The mirror moment.

Write down 3 positive things about yourself.

Day Six

Day Seven

Stand in front of the mirror. This may be something completely new and uncomfortable for you. Look at yourself and say the positive things you wrote to yourself. Best time to do this is in the morning, but if doing this before bedtime works for you, do it then. This is your life, so you get to choose.

Notice that? That's you, trusting yourself again.

Before you close this

A small feat

This work you've done is not a small feat. You've given yourself permission to see yourself again and trust who you are. Your dream version is already in you, but she's just waiting for you to remember and bring her to life.

Review the week and go another week if you wish.

The more you do these exercises, the more you will see your transformation. Before you know it, you will be living your dream version. And it all began with simple, small steps. That's how things usually start, one small step at a time.

You can keep going with this on your own, and you should. But some of what's keeping you stuck is easier to see with someone else's eyes on it than your own. When you're ready for that kind of support, I'm here.

Keep going. Trust yourself.

Your future version is proud of you.

To the fuller, richer life
you were always meant to
live.



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