

# self-trust tracker & tools

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Worksheets

Supplements to the self-trust workshop.

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## What's Inside

In this document, you will find the worksheets attached for each module that come as a bonus for enrolling in the self-trust rebuild workshop hosted by Milan.

## THE TRACKER

**This tool is designed to help you rebuild integrity through small, consistent promises, tracked daily. It's not about productivity. It's about becoming someone who trusts themselves again.**

### **HOW TO USE IT:**

Every morning: Set 1 Minimum Viable Promise (MVP) — something so small you can complete it even on your worst day.

Midday check-in (optional): Reflect on emotional state or pattern surfacing.

Evening: Log whether you completed your MVP + your emotional state after.

Repeat for 7 days.

**DAILY TRACKER TEMPLATE:**

Date: \_\_\_\_\_

MVP (Minimum Viable Promise): \_\_\_\_\_

Why this matters to me today: \_\_\_\_\_

Midday Reflection:

What emotion am I noticing?

Is there any resistance?

What do I need to feel safe to complete this?

Evening Completion Log:

Did I keep my promise? Yes / No

What did I feel after?

One word to describe how I showed up today: \_\_\_\_\_

Pattern Notes (if any): \_\_\_\_\_

### **End-of-Week Reflection:**

**How many MVPs did I complete this week?**

**What patterns showed up when I didn't?**

**How do I feel about the way I showed up?**

**One shift I want to carry forward:**

***\*You can complete this on a separate document or print this out.***

## THE RESET RITUAL

***Use this when you've ghosted a promise, feel stuck, or sense yourself slipping into old patterns***

### **STEP 1: BREATHWORK (1 MINUTE)**

Sit still. Breathe in for 4. Hold for 4. Breathe out for 6. Repeat 3–5 times.

### **STEP 2: REFRAME (2 PROMPTS)**

*"What am I actually afraid of right now?"*

*"What would it feel like to meet myself with compassion instead of judgment?"*

### **STEP 3: RECOMMIT (MVP RESET)**

*What's one smaller promise I can still keep today?*

*Example: instead of writing the page, open the doc and write 1 line.*

*Say it aloud: "I commit to [MVP] not to be perfect, but to be present."*

### **STEP 4: REGULATE (SIMPLE PHYSICAL SHIFT)**

*Move (stand, stretch, walk)*

*Or tap to shift your nervous system*

***Repeat this as often as needed. Self-trust is a loop, not a ladder.***

SLIDES FROM THE WORKSHOP

## a prompt for you:

Pause this and ask yourself:

**“Where have I abandoned myself recently - and what did it cost me?”**  
**Write down an example, not just the surface task, but the ripple effect:**

**How did you feel after?**  
**What emotion came up?**  
**What opportunity did that pattern quietly steal?**  
**What story did you tell yourself because of it?**

Once you've named what self-betrayal costs you, the next question is:

*“If I want to stop this loop, where does the repair begin?”*

And that's what we move into next.

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## The Emotional Self-Sabotage Loop



Set big goal.

→ Feels exciting at first. Identity boost. “This is the one.”

Feel pressure to live up to it perfectly.

→ “If I don’t do this right, I’m a failure.”

Freeze, procrastinate, or distract.

→ Perfection meets fear. Action feels unsafe.

Break the promise or ghost the goal.

→ Emotional crash. Quiet self-betrayal.

Feel guilt, shame, or numbness.

→ “Why do I always do this?”

Try again with a new plan, bigger, more ambitious.

→ Start cycle over again.

**A Minimum Viable Promise is:**

So small it feels almost like a joke

So clear it's impossible to misinterpret

So doable you can complete it even on a low-energy day

*Exercise: Rewrite 3 Broken Promises*

Take 3 things you've recently avoided or fallen short on.

For each one, write:

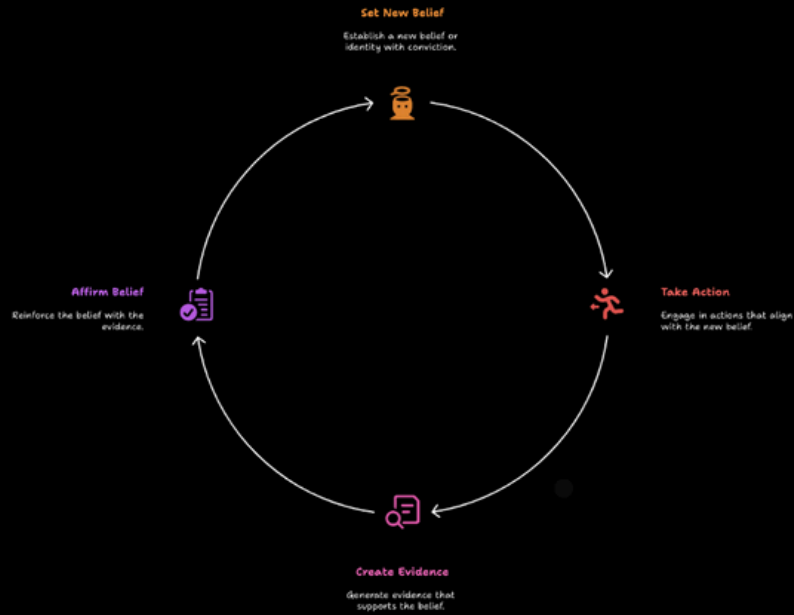
What the original goal was (too big, too vague, too rigid?)

What your MVP version of that promise would look like

How would it feel to actually complete it today

This is how the rebuild begins, not with grand declarations, but with grounded micro-wins.

## Cycle of Belief and Action



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### STEP 1: RECOGNITION

(Interrupt the autopilot)

Most people don't notice they're self-abandoning until they're deep in it.

This step teaches awareness with speed, not shame.

#### Common early signs of a break:

You start saying, "I'll just do it later."

You feel a tightness, numbness, or micro-aversion to the task

You scroll, snack, or switch tabs without noticing

You suddenly feel tired or disconnected

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## **STEP 2: REPAIR**

### **(Rebuild emotional safety)**

Most people shame themselves here. You won't.

This step is about gentle redirection, not punishment.

#### **The Repair Ritual (2–5 min):**

I'm a big fan of pattern breaking through breathwork (30–60 sec of slow inhale/exhale)

Acknowledge the impulse (No judgment: "I didn't want to do it. That's fine.")

Name the feeling mentally ("I feel avoidance, fear, pressure...")

Decide: Restart the MVP or shift the promise.

This trains your system to expect repair instead of punishment.

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## **STEP 3: RECOMMIT**

(Make the next promise smaller, and keep it)

After you repair, you don't double down, you scale down.

Pick a new MVP (micro task), and complete it.

#### **Why it works:**

Creates proof of follow-through

Replaces guilt with accomplishment

Prevents overcorrection (burnout)

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**Here's a prompt you can try:**

"The next promise I will keep to myself is \_\_\_\_\_  
because it reflects who I'm becoming."

**But it's important to keep these guidelines for the promise:**

It should take less than 10 minutes to complete  
It should be specific, frictionless, and emotionally meaningful  
It should feel slightly too easy (that's how you know it's right)

Write this down now.

[> Become a Reality Engineer](#)

[> Work with Milan 1-1](#)