THE INNER CIRCLE AFFIRMATIONS

To Decode + Recode Your Subconscious Mind: Strengthening Self-Trust & Intuition

June 2026 Self-Trust Challenge

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Print this out. Read these affirmations out loud daily, either in the morning or at night, until June 30.

INTRODUCTION

Self-trust is not something you earn after making perfect decisions, healing enough, or gathering enough evidence. Self-trust is something you remember.

This month is about healing the deeper pattern underneath overthinking, second-guessing, indecision, seeking reassurance, and constantly looking outside yourself for answers. Because often the issue is not a lack of wisdom—it is a lack of trust in the wisdom you already possess. It is the subconscious story that whispers *What if I make the wrong decision? What if I miss something? What if I cannot trust myself?* And those stories shape decisions, shape opportunities, shape relationships, and shape the life we ultimately create.

This month, we begin recoding that.

Through these affirmations, teachings, and integrations, you are not trying to become someone who trusts herself—you are dissolving everything that made you forget that you already can.

We will move through three phases together. First, **Death**—letting go of overthinking, self-doubt, fear of mistakes, and the need for certainty before taking action. Then **Rebirth**—learning to hear your intuition, trust your inner voice, and follow aligned guidance. And finally **Ascension**—embodying self-trust as an identity, where you move through life with inner certainty and confidence in your ability to navigate whatever comes next.

As you speak these affirmations, you are decoding old fear patterns and recoding your subconscious, nervous system, and identity with self-trust, intuition, and inner wisdom. This is not about having all the answers. It is about becoming anchored. It is about becoming the woman who knows how to listen to herself, trust what she hears, and move forward with confidence.

This is your month to strengthen self-trust, quiet the noise, and remember the wisdom that has always lived within you. 🖤

SECTION ONE

Death (Letting Go of Self-Doubt)

As we begin, remember three simple truths:

1. Overthinking is often fear searching for certainty.

The mind believes that if it thinks long enough, it can eliminate all risk and guarantee the perfect outcome. But life was never designed to provide complete certainty before action. Often, overthinking keeps us stuck at the starting line while intuition quietly waits for us to move. Clarity is rarely found through endless analysis—it is often found through action.

2. Self-doubt is not intuition—it is conditioning.

Many of the doubts you experience were learned through criticism, disappointment, rejection, or fear. They may feel familiar, but familiar does not mean true. Much of what you call doubt is simply old conditioning trying to keep you safe within what is known. Self-trust begins when you stop believing every fearful thought and start listening to the deeper wisdom beneath it.

3. Your intuition has always been speaking.

Your intuition does not usually arrive as panic, urgency, or fear. It often arrives as a quiet knowing, a sense of peace, a pull toward something, or a feeling that simply feels true. The more you release fear and noise, the easier it becomes to hear the guidance that has been within you all along.

As you speak these affirmations, you are decoding self-doubt, fear, and overthinking while recoding your subconscious, nervous system, and identity with safety, trust, and inner knowing.

AFFIRMATIONS

• I now understand I no longer need to overanalyze every decision. I decode overthinking and recode inner peace. My nervous system relaxes into trust.

• I now choose to release self-doubt. I decode fear-based thinking and recode self-belief. My body remembers certainty.

• I now understand I do not need every answer before taking the next step. I decode perfectionism and recode courageous movement. My system feels safe in progress.

• I now choose to trust my inner wisdom. I decode confusion and recode clarity. My subconscious strengthens self-trust.

• I now understand mistakes are part of growth. I decode fear of failure and recode resilience. My identity expands through experience.

SECTION TWO

Rebirth (Strengthening Intuition)

As we begin, remember three simple truths:

1. Intuition grows through practice.

The more you listen to your inner voice, the stronger it becomes. Every time you honor your knowing, you strengthen the connection between your mind, body, and soul. Self-trust grows when intuition is practiced, not ignored.

2. Your body often knows before your mind.

Intuition is frequently felt before it is understood. It may arrive as peace, expansion, excitement, or a quiet certainty. Learning to trust these signals strengthens your relationship with yourself and deepens your ability to discern what is truly aligned.

3. Aligned action creates confidence.

Self-trust is built through evidence. Every time you listen to your intuition and follow through, you create proof that you can trust yourself. Confidence is often the result of repeatedly honoring your inner guidance.

As you speak these affirmations, you are decoding indecision and recoding your subconscious for intuition, clarity, and aligned action.

AFFIRMATIONS

• I now understand my intuition is always guiding me. I decode uncertainty and recode inner knowing. My nervous system learns to trust itself.

• I now choose to listen to my inner voice. I decode external validation and recode self-guidance. My body strengthens intuitive awareness.

• I now understand clarity grows through action. I decode waiting and recode momentum. My subconscious supports forward movement.

• I now choose to trust what feels aligned. I decode confusion and recode discernment. My identity strengthens through self-leadership.

• I am learning to recognize and honor my intuition. I decode hesitation and recode trust. My nervous system adapts to certainty.

SECTION THREE

Ascension (Embodying Self-Trust)

As we begin, remember three simple truths:

1. Self-trust is an identity.

There comes a point where trusting yourself is no longer something you practice—it becomes part of who you are. It begins to shape how you think, how you choose, how you move, and how you show up in the world. You stop borrowing certainty from outside opinions and begin living from your own inner knowing.

2. Your intuition is your inner compass.

Life will always present choices, opportunities, and crossroads. The woman who trusts herself learns to use her intuition as a compass rather than allowing fear to become her guide. She knows that even if she does not know the entire path, she can trust the next step.

3. The woman who trusts herself is already within you.

She is not someone you become someday after you have healed enough or learned enough. She is who begins to emerge as fear falls away and old conditioning loses its hold. Beneath the doubt, she has always been there—grounded, wise, and capable. Self-trust is not creating her. It is allowing her to lead.

As you speak these affirmations, you are decoding identity-level doubt and recoding your subconscious into certainty, intuition, and embodied self-trust.

AFFIRMATIONS

• I now understand self-trust is my natural state. I decode doubt and recode certainty. My identity stabilizes in inner knowing.

• I now choose to trust myself fully. I decode indecision and recode confidence. My nervous system embodies calm certainty.

• I am learning that my intuition is a trustworthy guide. I decode fear and recode wisdom. My body reflects grounded trust.

• I now understand I am capable of making aligned decisions. I decode dependency and recode self-leadership. My subconscious aligns with confidence.

• I now choose to embody unwavering self-trust. I decode hesitation and recode inner authority. My identity anchors in who I came here to be.

And, so it is. 🖤