

# Building Self-Trust

## Identify Your Inner Critic

What is my inner critic?

Where does it come from?

What is its intention?

What does it want from us?

What is its job?

Does my inner critic hope for my success or my demise?

How do I stand up to the inner critic?

When we listen to our inner critic, relate to it, and educate it, we stand up to it. A positive shift in our relationship with the inner critic is possible.

## Move On From The Past

What do I regret?

What opportunities would I take if my fear didn't exist?

What did I refuse that I wish I hadn't?

How can I move past my fear?

Do my regrets keep me from living?

How can I learn from this mistake and continue to grow?

Moving on from our regrets, through our fear, and into our best selves forms a whole new outlook on life.

## Believe Your Thoughts and Opinions Are Valid

Does this thought bring me happiness?

Do I feel comfortable expressing these thoughts and opinions with others?

How can I better articulate my thoughts?

Do these thoughts/opinions bring a growth mindset?

Am I hiding my thoughts and opinions out of shame?

We often find ourselves second guessing our decisions. Embrace your gut feeling, feel confident in your thoughts and opinions, and keep an open mind.



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