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WORKSHEET

Building Wise Trust

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Building Wise Trust

Take a moment to reflect and work through these questions.
Let them guide you gently into the year ahead.

Step 1: Reflect on your current trust levels

- Where in your business do you feel the most confident?
- Where do you feel uncertain or hesitant?
- What's one area you'd like to strengthen this month?

Step 2: Take Action

- What's one system or process you can improve?
- What's one task you can delegate or outsource?
- How can you communicate your needs and expectations more clearly with your team or clients?

Step 3: Strengthen Inner Trust

- Think of a recent decision you made. What factors influenced your choice? Did it feel aligned with your values?
- What's one way you can be gentler with yourself when things don't go as planned?
- Reflect on a moment of resilience from last year. What strengths helped you through it?

Step 4: Gratitude Practice

- List three things you're grateful for in your business right now.
- What's one small win you can celebrate today?

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“trusting yourself doesn't mean you'll never falter—it means you'll meet those moments with compassion.”

— TARA BRACH

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