Day 8: Today's Lesson: Self Trust = Self Love

Trust is a feeling, a choice and a skill and when you trust yourself, you are well on your way to having a loving relationship with yourself.

Self-trust means consistently staying true to who you are, your beliefs and values. It's about providing a sense of safety for yourself and standing strong in your convictions.

So let's first talk about what lack of self trust can look like:

Always looking to others to make decisions for you.
Trusting others opinions more than your own.
Not feeling good enough.
Being afraid of making the wrong choice.

People who don't trust their own emotions, their higher self, beliefs, or commitments can struggle with self trust and they tend to experience elevated levels of anxiety, depression, or guilt.

If you struggle with this, it could be you have unresolved childhood trauma that is causing low self confidence. This can then result in creating the same situations over and over that keep you in the same loop of not trusting yourself.

It could be that you are focusing on the past and what your mistakes were, and when you are focusing on things that have made you feel inadequate in the past that keeps you stuck, not allowing you to move forward with a sense of self trust.

One of the reasons that we don't trust ourselves, is that we aren't accepting or owning our value and we don't acknowledge our own abilities and talents. When you take the time to recognize and acknowledge your positive traits, this builds confidence which builds self trust.

Lack of self trust can also look like, parts of yourself want one thing and other parts are in fear and tend to keep you stuck, continually displaying that you can't

have what you want, which is a form of self sabotage that we will talk more about this week.

So, let's take a look at what trusting yourself does mean. It's choosing the very best option for yourself, and letting your true desires be seen, heard and fulfilled. It's also knowing when you need to put your own needs first, so you don't get drained or depleted.

When you trust yourself, you believe in yourself and your capabilities and you treat yourself with love and compassion. It's a mindset that whatever comes your way, you know you will be able to handle it.

If you trust yourself, you value your own opinion more than others or external validation. You follow your intuition instead of listening to your ego. It's about consistently looking inward, hearing yourself, and doing what you say you are going to do.

When we show up for ourselves we build confidence and when we trust ourselves to do what's in our best interest, we become empowered. When you are empowered, you make decisions based on your highest good and the result of this is living in alignment.

When we trust ourselves we tend to become more self confident and when we have more confidence we will take more action to attempt new things in our lives. Having new experiences, results in growth and a more enriching and purposeful life. It's what makes us feel alive.

Part of trusting yourself is implementing the things that come easy to you. Life can be easier when you are doing things that align with your natural talents and abilities. We get messages we should be doing something that others think we should be doing, which is where life gets hard because we aren't doing what's aligned with our soul or higher self. We are listening to outside influences. And we are the only ones that know what our higher self is saying. It's why it's so important to take the time to get quiet and listen. When you listen to yourself, you build self trust and when you align with your natural abilities your life gets a whole lot easier.

Steps to building self trust:

Being reliable - this creates confidence when you show up for yourself. In fact, doing this self love challenge, is building self-trust. You are showing up to do it.

Always be honest and true to your word - This is where you use your word in integrity and tell the truth. This creates self trust and also trust in your relationships.

Setting boundaries for yourself and saying no to take care of your own needs creates self trust. It's where you listen to your voice and say what is ok for you and what isn't and when you do this you are building a healthier relationship with yourself. Your needs are important and come first.

Competency - This is about you doing what you are good at. Everyone has different capabilities and finding these things about yourself creates confidence and self trust.

Being open- when you are open and vulnerable, you can access the deepest parts of yourself. You can know what you want, express what you need and then take the steps necessary to make them happen.

Accepting yourself fully. When you do this you will be less judgmental towards yourself and others. When you can see that not everyone, possibly including yourself, knows what they want or how to get it and that we are all born with different skill sets, we can accept and meet ourselves and other people where they are instead of where we think we they should be.

We are all here learning something different. People are doing their best even if you think they should be doing better. We are all human, none of us are perfect and we all still deserved to be loved and treated with respect.

It takes a series of events and circumstances to build trust, it doesn't happen overnight so enjoy the journey of committing to yourself and make a

commitment to build the healthiest, most kind and loving, relationship with yourself.

There is no right or wrong way to do this. When you are owning your decisions, you are building self confidence. The key to this is knowing that is how you learn. Even if a situation doesn't turn out as you thought, if you are viewing this as a way to learn then it becomes a way to take risks not expecting there to be a perfect outcome. Our perceived failures are just us learning and that's what we are here to do, learn. This allows us to have more compassion for ourselves and be easy on ourselves for being human.

Try something new. This will exercise your courage which builds self confidence and allows you to have a fuller life experience. The biggest risk is not taking any risk at all. If you don't try you will never know and when you love yourself through the process of being human, your whole life gets better and easier.