



Building Trust

The Goal: To build trust within yourself.

Materials: Notebook paper, something to write with.

A key factor in many of our close relationships in life will depend on trust. However, we spend the majority of our lives with ourselves and we often overlook the effort it takes to maintain a healthy relationship with ourselves. Just because we spend so much time in our own company, does not mean we trust ourselves to make the right decisions. This can often lead us to doubt our decisions or overthink our next step in life. This activity is meant to help build trust within yourself and allow you to practice building that trust.

Step 1: A simple way to build trust within yourself is to keep the promises you make to yourself, no matter how small. If you set an intention to wake up early and get a head start on your day but don't get up until noon, that is creating a discrepancy between what you told yourself and what ended up taking place. Though miniscule, it's following through in those moments that will ultimately build trust and confidence in yourself - even if the first time feels uncomfortable or unnecessary.

Write a few sentences answering the questions: What is the last thing you promised yourself? Did you follow through?

Step 2: Think about your current life. In a few more sentences, what is a promise you can make to yourself right now and the steps you can take to make sure you follow through?

Step 3: What is something small that you can do today to begin building trust with yourself?

Indigo Indicators: *Internal: Resiliency*

CASEL Competencies: *Self-Awareness, Self-Management*

Ramp Behavior Standard: *B-SMS 2. Demonstrate Self-Discipline and Self-Control*