

Journaling Activity: Building Trust in Yourself

What are some things you would love to do or would love to have? Dream!

Go big. Go “impossible”. Go places your mind doesn’t usually allow you to go. Think of total remission, the body you want, the place you want to visit, the habit you want to break.

What did your brain do when you began to dream? Write the thoughts that came up.

Did it shut the dreaming down? Tell you there is no way that can happen? Did it tell you that others can, but you can’t because of A, B, and C? These will feel SO true, but don’t believe it. We are not observing our habits; we are the ones DOING them.

Noticing some self-judgement? That won’t serve you here. Pretend you just emptied your purse and are looking at the contents on the table. Empty your brain here and just look at the contents.

What do you feel when you think that?

Take each thought and write down exactly how you feel when you think THAT thought. Not another thought...THAT thought.

What do you do, how do you show up, when you feel that?

We are following the process that the mind takes from thought to result. What do you do when you feel THAT feeling?

Do you want to believe that?

This is so important. When it comes down to it, sometimes we just don’t want to go for it. Our mind generally doesn’t like spending energy, actively avoids discomfort, and seeks pleasure. If you find that you genuinely just don’t want to, are you okay with that reason? It is much more empowering than blaming it on someone else, confusion, or something else. Let’s be real.

What do you want to believe about yourself?

What do you want to feel about yourself?

What do you want to believe about your dreams?

On a scale of 1-10, how confident do you feel that you can accomplish your dream?

What would you *need* to believe about yourself to make that happen?

What would you *need* to believe about your dreams to make them happen?

What would you do differently if you believed in your ability to achieve your dream?

What things would you do today if you believed in yourself?

What result would you create if you believed that you could accomplish your dream?

Recognizing disbelief is the first step of believing. Build new beliefs that get you new results.

