

EXERCISES FOR BUILDING SELF-TRUST

GABRIELLE ORTEGA, M.A.
@DOM_THERAPY_COACHING

1. IN YOUR JOURNAL: THINK ABOUT 3 SEPARATE TIMES WHERE YOU WERE ABLE TO OVERCOME A DIFFICULT SITUATION. IN YOUR JOURNAL, WRITE DOWN THE STORY OF EACH ONE, MAKING SURE TO NOTE YOUR STRENGTHS, WHAT YOU DID TO GET THROUGH IT, AND THE LESSONS YOU LEARNED THAT HELPED YOU GROW.

2. AFFIRMATIONS: CREATE 5 AFFIRMATIONS THAT YOU WILL PRACTICE OUT LOUD DAILY, THAT SUPPORT THE MINDSET OF TRUSTING YOURSELF. DON'T FORGET TO USE "I" STATEMENTS!

EX: "I PUT MY WELLBEING FIRST, BECAUSE I'M WORTH IT", "I TRUST MYSELF", "I AM STILL HEALING AND EVERYDAY I TRUST MYSELF MORE AND MORE", "I CAN LOVE AND CARRY MYSELF THROUGH DIFFICULT TIMES"

3. SELF-COMPASSION: PRACTICE FORGIVING YOURSELF FOR NOT KNOWING HOW TO CARE FOR YOURSELF THE WAY YOU NEEDED TO IN THE PAST, AND MAKE A PROMISE TO SHOW UP FOR YOUR BEST INTERESTS FROM NOW ON. WRITE A LETTER TO YOUR YOUNGER SELF, AND FORGIVE THEM IN WHATEVER WAY YOU NEED TO, GIVE THEM THE ADVICE YOU WISH YOU HAD, AND EXPLAIN HOW YOU'RE GOING TO DO THINGS DIFFERENTLY NOW.

Exercises In Memorizing Myself

Hussin A.Rothana



Exercises In Memorizing Myself:

Reviewing **Exercises In Memorizing Myself**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Exercises In Memorizing Myself**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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