

Building the Skill of Self-Trust

Key Concepts and Practical Steps

Elizabeth Sherman, July 2024



Total Health by Elizabeth

What is Self-Trust?

- Confidence in one's own abilities and judgments.
- Making a commitment to yourself & being pretty sure you'll accomplish it.
- Essential for achieving health and wellness goals.



Building Self-Trust

Set Yourself Up For Success

Assess

Estimate

Break Down Tasks

Plan & Schedule

Follow the Plan

Follow the Plan

Don't Follow the Plan

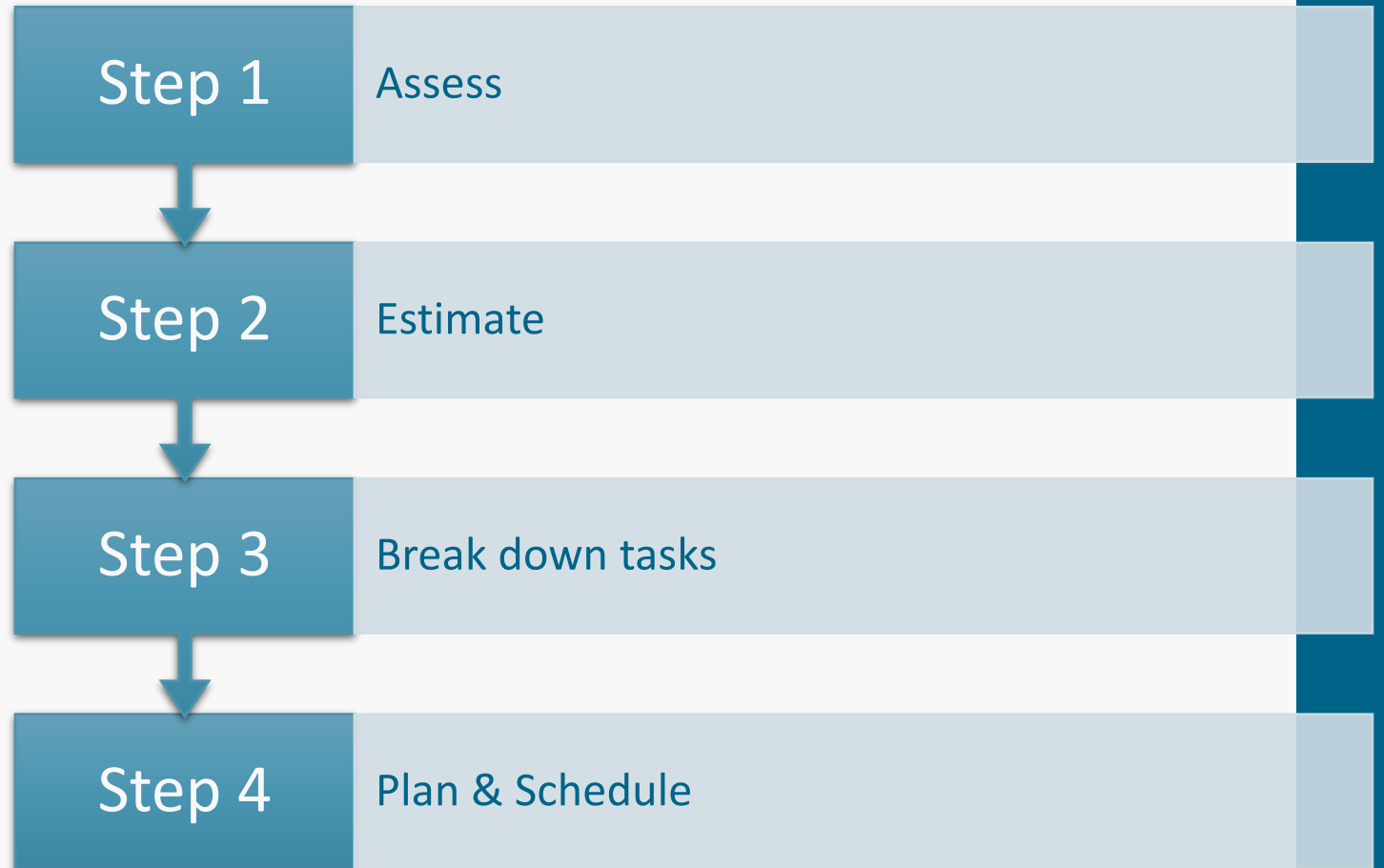
Don't be Jerk to Yourself

Evaluate & Understand

Brainstorm Solutions



Setting Yourself Up for Success



Step 1: Assess

- Pick 1 habit
- Track for a week
- What are you doing now?
 - Frequency
 - Intensity
 - Density



Step 2: Estimate



- Pick the Low Hanging Fruit
- Add 10% to what you're doing
 - Frequency
 - Intensity
 - Density



Step 3: Break down tasks

- What are all the tasks?
- If I wanted to, could I do this thing right now?
 - Why not?
 - What needs to be done first?



Step 4: Plan & Schedule

- What do you need to do?
- When will you do it?



Expectations

- Expect to not want to follow the plan
 - What emotions do you expect?
 - What will you do in response to them?
- Things will go NOT according to plan
 - What could get in your way?
 - What will you do about it?
- Do NOT downplay the role of your emotions in this part of the plan



Building Self-Trust

Set Yourself Up For Success

Assess

Estimate

Break Down Tasks

Plan & Schedule

Follow the Plan

Follow the Plan

Don't Follow the Plan

Don't be Jerk to Yourself

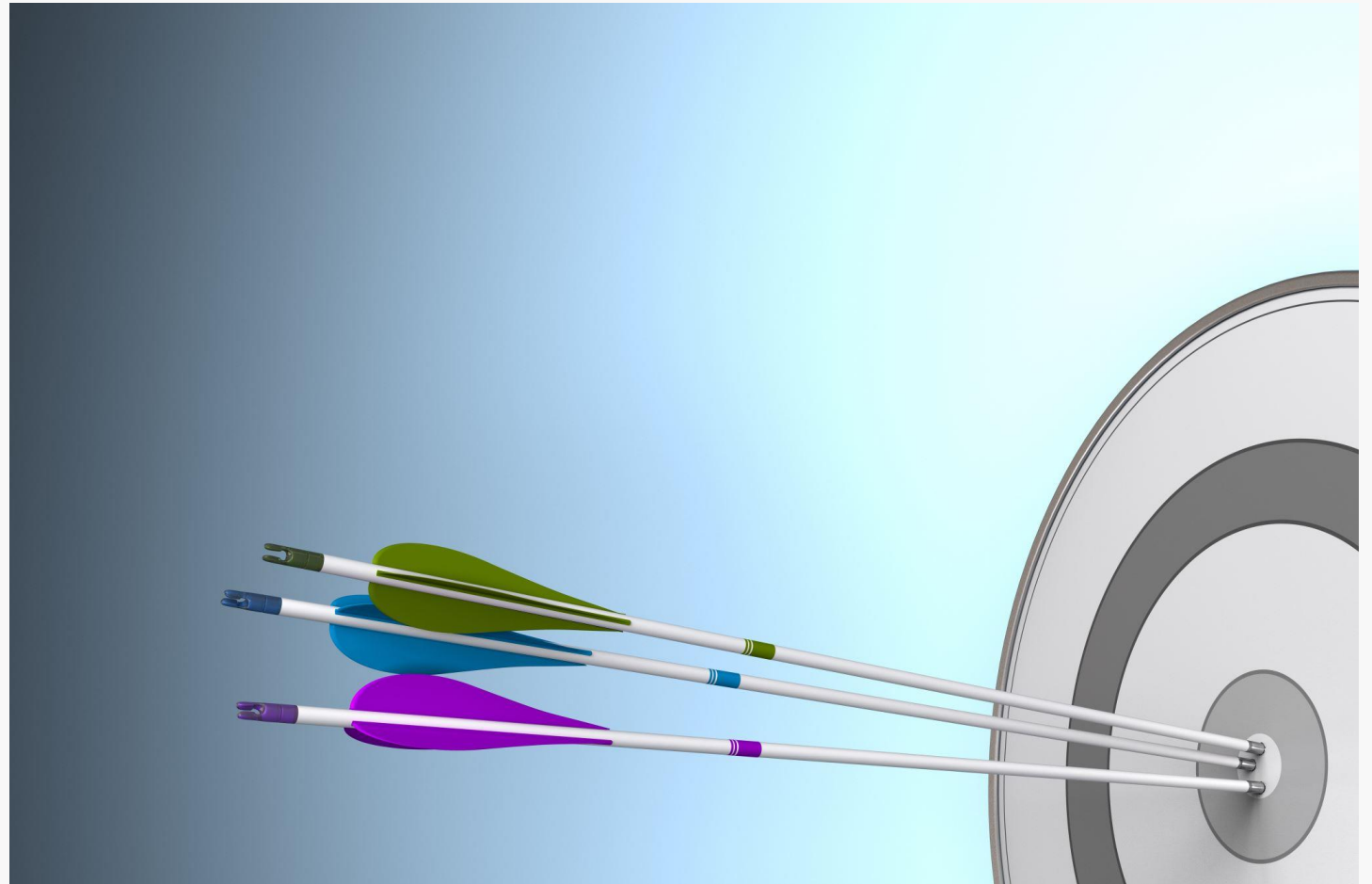
Evaluate & Understand

Brainstorm Solutions



Following the Plan

- Follow the Plan
- Don't Follow the Plan



Follow the Plan

- When you've set yourself up for success properly, discomfort should be minimal
- Do not expect that it will be a piece of cake



Why Don't We Follow the Plan?

- Why?
 - Do a thought download (if possible)
 - What are all the reasons why you aren't following the plan?
- What can I do?
- Do you like your reasons for not following the plan?
- What could your past-self have done to make following the plan easier?



Building Self-Trust

Set Yourself Up For Success

Assess

Estimate

Break Down Tasks

Plan & Schedule

Follow the Plan

Follow the Plan

Don't Follow the Plan

Don't be Jerk to Yourself

Evaluate & Understand

Brainstorm Solutions



Don't Be a Jerk



- Evaluate & Understand
- Brainstorm Solutions



Your Inner Critic

- Based on the information you had, your skills, and beliefs, we make the best decisions possible in the moment
- If you liked your reasons for deviating from the plan, you **DO NOT UNDER ANY CIRCUMSTANCES** get to beat yourself up afterwards.
- Its just not helpful to engage in 20/20 hindsight



Understand & Evaluate

- Notice & Name the Inner Critic/Negative Emotion
 - Judgment will block any learning & curiosity
- Get Curious
 - What went well?
 - What didn't go as planned
 - What would I do differently?
 - What could I have been feeling to make that decision?



Brainstorm Solutions

- If all things were equal, what could you have done differently?
 - Curiosity – not judgment



Forgiveness & Self-Compassion

- Concept:
 - Letting go of past mistakes to move forward.
- Application:
 - Acknowledge the mistake.
 - Understand why it happened.
 - Commit to making a different choice next time.



Questions/Discussion

