



Financial Self-Trust Reset

A gentle starting point for rebuilding confidence.

Before You Begin

If your confidence has been shaken, it makes sense.

Financial disruption can affect how we:

- think
- decide
- trust ourselves

This is not about becoming confident overnight.

It's about beginning to rebuild **self-trust-- one small step at a time.**

Take a breath before you begin.

We rebuild self-trust the same way we rebuild anything- slowly, gently, and through small, steady steps.



Part 4: What Is Still Within My Control?

Not everything is in your control-- but some things are.

Right now, I still have the ability to:

- look at my situation honestly
- make one small decision
- ask for help or information
- pause before reacting
- take one step forward
- Other: _____



Part 6: A Different Way to Respond

Instead of pressure, choose steadiness.

When I feel uncertain, I can remind myself:



Closing Reflection

You do not need to trust yourself completely today.

You only need to begin.

Self-trust is rebuilt:

- one decision
- one action
- one moment at a time

Your thoughts...
