

TRUSTING YOURSELF WITHOUT NEEDING CERTAINTY

A Mindfully Recharged Reflection Guide by Mariana Thomas

Introduction

This worksheet is designed to help you explore your relationship with uncertainty and strengthen your ability to trust yourself—even when you don't have all the answers.

Remember:

Self-trust isn't about predicting the future.

It's about trusting yourself to meet it.

The Decision I'm Thinking About

Is there a decision, change, or next step I've been thinking about recently?

What makes this decision feel important to me?

Clarity or Certainty?

Complete the sentence:

Before I move forward, I feel like I need:

- More information
- More time
- More reassurance
- More confidence
- A guarantee that it will work
- Something else:

Now ask yourself:

Am I looking for clarity? Or am I looking for certainty?

What is the difference for me?

Trust Check

Think about a time when you made a decision that felt right—even without knowing the outcome.

What happened?

What helped you move forward?

What did you learn about yourself?

Building Self-Trust

Which of these statements feels true right now?

- I trust myself to learn.
- I trust myself to adapt.
- I trust myself to ask for help when needed.
- I trust myself to recover from mistakes.
- I trust myself to make decisions that reflect who I am.
- I trust myself more than I used to.

One Small Step

What is one small step I can take without needing complete certainty?

What would change if I trusted myself a little more?

Final Reflection

Complete this sentence:

I don't need to know everything that will happen next. I only need to trust that I can...

Closing Thought

Self-trust isn't knowing what's going to happen.

It's knowing you'll be okay either way.

Signature:

_____ (because commitment hits different when you sign it)