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*El Malpais National Park, New Mexico, USA*



## The Power of Trust

“I Need to Call It.” This is what Simone Biles, the GOAT of women’s gymnastics, said this past week as she participated in the pinnacle event of an athlete’s career, the Olympics. Every competitor is there to not only represent their respective countries, but to reinforce the value and universality of sport. While participants are keen to show off their athletic prowess, we must acknowledge the mental and physical toll these events can have on a person; Simone Biles being a recent example of this scenario.

After an impressive start to their competition, team USA had positioned themselves to earn another medal in the team gymnastics category. However, after failing to land a vault, Simone Biles made the surprising decision to remove herself from the remainder of the team competition. Many people have voiced their opinions about the decorated Olympian’s decision, with some claiming that it made her appear weak. The reality is that Biles’ decision took a significant amount of courage, as she was able to trust herself enough to determine the best course of action in that moment. Simone Biles’ ability to pay attention to and prioritize her needs reinforces the importance of trusting oneself, and the positive changes that can occur as a result.

Many actions require a certain amount of self-trust, some of which include:

- Trusting yourself
- Listening for what you need
- Requesting what you need
- Setting boundaries to protect what you need
- Stepping into opinions and action that you believe represent the right path

- Pursuing opportunities even when you are not fully confident
- Voicing a different opinion than those around you
- Making decisions for yourself

Self-trust fuels confidence. Confidence fuels an increased perception of competence in the eyes of others. When others view us as competent, we create more trust in our relationship with them. When trust exists in a relationship, we have more power to influence. It truly is a positive reinforcing loop that starts with self-trust.

While there are short-term motivators for change such as providing incentives or disclosing potential consequences of an action, long-term change can only occur when there is trust. Individuals are more likely to permanently change their position or behavior if someone within their circle encourages the change. Thus, the confidence you gain from trusting yourself can be used to affect positive change in those around you.

Simone Biles trusted herself enough to do what she felt was right. As a result, countless other athletes and peers voiced their support and approval, because they trusted that she would not make such a decision lightly. The ability to trust herself was not only greeted with a mostly positive response, but it also started an important conversation surrounding mental health in athletics. Stories like hers remind us what can come of trusting yourself, and how it can be used to create positive change in not only our individual lives but also the world.

Self-Trust Assessment

For more details on Simone Biles' decision, [click here](#)



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