

# Self Trust Assessment



OCEAN BEACH  
CONSULTING

Mark the statements that are true for you right now.

1	I can easily list my top 10 strengths.	Y
2	I know if I make a less than an optimal decision, I can fix it.	Y
3	I openly admit mistakes.	Y
4	When I make mistakes, I can repair and learn from them.	Y
5	I keep promises I've made to myself.	Y
6	I trust my intuition to know if something is right for me.	Y
7	I tell the truth even when it's difficult.	Y
8	I practice mindfulness; I'm aware of my thoughts, how I'm breathing, and what my feelings are.	Y
9	When I'm nervous or scared about doing something, I'm able to use positive self talk to move forward.	Y
10	I'm aware of when I put myself down and I quickly change my thoughts.	Y
11	I know what I like, what I don't like, and ask for what I want.	Y
12	I know how to say no when I am asked to do too much.	Y
13	I forgive myself when I make a mistake.	Y
14	I make sure I have "me" time every day and protect it.	Y
15	I believe in my innate value and worth.	Y
		TOTAL

## RESULTS

If you scored less than 10 you probably wish you trusted yourself more! If so, pick one or two questions you did reply yes to and practice doing those things. Building trust, whether it is with yourself or others, takes time and attention. Be gentle with yourself and remember... you are a wise person who knows what is best for you!

## NOTES