

THE WELL LIFE

SELF-TRUST PERSONAL ASSESSMENT

AREA OF LIFE	LEVEL OF TRUST (DISTRUST ① ← ② ← ③ → ④ → ⑤ TRUST)		
	DATE:	DATE:	DATE:
COMMUNICATION HOW MUCH DO YOU TRUST YOURSELF TO TELL THE TRUTH, TO SAY WHAT NEEDS TO BE SAID IN ORDER TO HAVE HEALTHY RELATIONSHIPS, TO SPEAK KINDLY AND RESPECTFULLY, AND TO EXPRESS YOURSELF AUTHENTICALLY?			
DEPENDABILITY HOW MUCH DO YOU TRUST YOURSELF TO SHOW UP FOR FRIENDS AND FAMILY, AND SUPPORT THEM WHEN THEY NEED IT?			
NUTRITION HOW MUCH DO YOU TRUST YOURSELF TO CHOOSE FOODS THAT YOU KNOW ARE GOOD FOR YOU, TO AVOID FOODS THAT YOU KNOW ARE BAD FOR YOU, TO EAT IN A HEALTHY MANNER, AND TO STICK WITH THE AGREEMENTS YOU MAKE WITH YOURSELF AROUND EATING?			
PUNCTUALITY HOW MUCH DO YOU TRUST YOURSELF TO BE ON TIME TO WORK, TO SOCIAL MEETINGS, OR TO ANYTHING ELSE WITH A SPECIFIC TIME?			
FOLLOW THROUGH HOW MUCH DO YOU TRUST YOURSELF TO FOLLOW THROUGH ON THE PROJECTS YOU START, IN THE TIME FRAME YOU INTENDED, UNTIL THEY ARE COMPLETE?			
MONEY HOW MUCH DO YOU TRUST YOURSELF TO STAY CONSCIOUS OF WHAT YOU HAVE, TO MAINTAIN A POSITIVE ATTITUDE AROUND MONEY, AND TO AVOID TAKING ON UNNECESSARY DEBT?			
HEALTH MAINTENANCE HOW MUCH DO YOU TRUST YOURSELF TO TREAT YOUR BODY AND SOUL WELL, TO GET THE CARE YOU NEED, AND BE KIND TO YOURSELF?			
FOCUS HOW MUCH DO YOU TRUST YOURSELF TO STAY FOCUSED ON WHAT YOU HAVE CHOSEN TO WORK ON, AND AVOID INDULGING IN DISTRACTION?			
WORK PERFORMANCE HOW MUCH DO YOU TRUST YOURSELF TO HONOR THE WORK YOU DO, TO DO YOUR BEST, AND TO SHOW UP ENTHUSIASTICALLY TO DO THE WORK YOU HAVE AGREED TO DO?			
VALUES HOW MUCH DO YOU TRUST YOURSELF TO LIVE BY YOUR CORE VALUES?			
IF THERE ARE ANY OTHER AREAS OF YOUR LIFE WHERE YOU WISH TO TRACK YOUR SELF-TRUST, YOU CAN WRITE THEM IN BELOW:			