

Mastering

MENTAL TOUGHNESS

RESILIENCE SHIFT
COMPANION

Strengthening Boundaries
and Self-Trust

*“Love yourself enough to set boundaries. Your time and energy are precious.
You get to choose how you use it. You teach people how to treat you by
deciding what you will and won’t accept.”*

Anna Taylor


MASTERING MENTAL TOUGHNESS

REFLECTION QUESTIONS

Use these to deepen awareness:

Where am I feeling drained or overextended?

Where am I saying yes out of pressure rather than alignment?

When do I override my own needs or instincts?

In what situations do I struggle to trust my judgement?

What boundary do I know I need to set right now?

Where am I seeking validation instead of trusting myself?

What is one small step I can take this week to honour myself more?

BOUNDARIES INNER VOICE

Before responding to requests or decisions, pause and ask:

What do I truly want or need right now?

Then notice:

- Do I trust my answer?
- Or do I override it?

Self-trust begins with listening - and taking your own voice seriously. If you don't take yourself seriously, no-one else will.

BOUNDARY PRACTICE

My strong boundaries:

My fragile boundaries:

Choose one area of your life where a boundary is needed (time, energy, relationships, work, communication).

Define a simple, clear boundary:

“Going forward, I will...”

Examples:

“I will not respond to messages outside of my set hours.”

“I will take time before committing to requests.”

“I will say no when something doesn’t feel right.”

Keep it realistic and aligned with your values.

PRACTISING SELF-TRUST IN ACTION

Self-trust grows through repetition.

Start with small decisions:

- Choosing what feels right for you without overthinking
- Trusting your initial instinct
- Allowing yourself to act without needing external validation

Then reflect:

Did I honour myself in that moment?

Each time you do, you strengthen your internal foundation.

Be patient with yourself. For some, trusting that initial instinct comes naturally. For others -especially if you've relied on external validation for a long time - it may take practice.

And that's okay.

Because as you begin to trust yourself more, something shifts, and what once felt uncertain can start to feel like freedom.

LETTER TO MYSELF

Boundaries and Self-Trust Shift

Take a quiet moment and write a letter to yourself - not from the part of you that doubts or people-pleases, but from the part of you that is learning to stand in her strength.

- Acknowledge where you've over-given or ignored your needs
- Affirm that your needs, voice, and instincts matter
- Reassure yourself that you will stand by yourself moving forward

Example:

“Dear Me
I see how often you've put others first...”

Let your words acknowledge:

- The times you said yes when you meant no
- The moments you ignored your own needs
- The ways you've tried to keep the peace at your own expense

Then gently begin to shift the tone.

Remind yourself that:

- Your needs matter
- Your voice matters
- Your instincts are valid

You might write:

“I trust you to make choices that honour me.
I trust you to learn, to adjust, and to grow.
And I will no longer abandon you in moments that matter.”

Let this letter become a commitment - not to perfection, but to partnership with yourself.

Keep it somewhere you can return to when you feel uncertain, pulled off centre, or tempted to override your own boundaries.

THE SELF-TRUST BUILDER

A step-by-step way to strengthen trust in your own voice, choices, and inner guidance.

How to Use This Builder

1. Notice your decisions daily - especially the small ones.
2. Ask yourself: Did I listen to myself, or override myself?
3. Track 2-3 moments each week and identify which step they belong to.
4. Reflect gently - no judgement, just awareness.
5. Progress gradually - self-trust is built through consistent, aligned action.

Step 1: Inner Listening (Reconnecting with your voice)

Focus: Hearing yourself before acting

These are low-pressure moments where you simply begin to notice your preferences and instincts.

- Pause before making a simple choice and ask: What do I actually want here?
- Notice your first instinct when choosing food, clothing, or plans
- Acknowledge when something feels “off” or “right”
- Take a breath before responding instead of reacting immediately
- Write down your honest thoughts in a journal without editing them

Goal: Start recognising that your inner voice exists - and matters.

Step 2: Honouring Small Preferences (Acting on your voice)

Focus: Following through on small, safe choices

Here, you begin to act on what you hear, even in simple ways.

- Choose what you want to eat without defaulting to others' preferences
- Say what you genuinely prefer in low-stakes situations
- Take a break when your body signals you need one
- Dress in a way that feels right for you, not just appropriate for others
- Choose how you spend a small pocket of free time

Goal: Build trust by showing yourself: “I listen - and I act.”

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THE SELF-TRUST BUILDER

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Step 3: Expressing Yourself Honestly (Using your voice outwardly)

Focus: Letting others see and hear your truth

Now you begin to communicate your needs, thoughts, and preferences more openly.

- Share your opinion in a conversation instead of staying quiet
- Say “I’d prefer...” or “Actually, I think...”
- Admit when something doesn’t feel right for you
- Ask for what you need in a calm, clear way
- Stop automatically agreeing just to keep the peace

Goal: Trust that your voice is valid - even when it’s heard by others.

Step 4: Backing Your Decisions (Trusting your judgement)

Focus: Standing by your choices without over-questioning

This is where self-trust deepens - you begin to rely on your own judgement.

- Make a decision without over-seeking reassurance
- Reduce overthinking or second-guessing after deciding
- Allow yourself to make a “good enough” choice and move forward
- Reflect on outcomes without self-criticism
- Trust that you can handle whatever comes next

Goal: Build the belief: “I can make decisions - and I can handle the outcome.”

Step 5: Self-Trust in Action (Living from your inner authority)

Focus: Making aligned choices, even when they feel uncomfortable

This is where self-trust becomes part of how you live.

- Make a decision that prioritises your needs or values
- Say no when something doesn’t feel right
- Take action without waiting for external validation
- Change direction when something no longer aligns
- Follow through on something important to you - even if it’s hard

Goal: Fully embody: “I trust myself to lead my life.”

Gentle Reminder: Self-trust is not built by always getting things “right.”

It is built by:

- Listening to yourself
- Acting on what you hear
- And staying with yourself - whatever the outcome

