



Trust My Intuition and My “Self”

What do I trust and respect about myself?

What don't I trust and respect about myself?

What is it going to take for me to prove to me that I am worthy?

What do I need to do to accomplish this? How do I accomplish this?

What do I trust and respect about _____ i.e. another person?

What is it going to take for me to prove to them and me that we are worthy?

What do I need to do to accomplish this? How do I/We accomplish this?

What are the specific steps that I need to take?

What do I need from them so that we can become complementary others?

What can I commit to do to assure success on my side of the relationship?

Where and when do I do this?

Now I will enter Each One of these action items into
My Accountability Project Manager
and DO "It"!

Self Trust doesn't develop by accident.

