



Ordinary & Happy

30 Days of Self-Trust

Journaling



I V N O N I E C R E	1	What simple daily decisions you trust yourself to make.	2	Times you trusted your inner voice and it was right.	3	Times you listened, you had to change & adjust, but it was still a good decision.	4	Environments that give you clarity of thought.	5	Things that can distract your inner voice.	6	How you typically respond to your inner voice.
	S D E O L U F B - T	7	Times/decisions where you consistently doubt yourself.	8	Identify times you doubted yourself based on facts vs. assumptions.	9	Opportunities overlooked when you doubted yourself.	10	Write down what you tell yourself when you're unsure about certain decisions.	11	Kind things you can say to yourself when you're unsure.	12
A L V I G N E T S O		13	Research what a 'value' is and write down some of your values.	14	Identify your top 3 values based on your life right now.	15	Take an everyday decision and write down how it would align with your values.	16	Take a big life decision and write down how it would align with your values.	17	Identify recent decisions that didn't align with your values.	18
	A T C A T K I E O N	19	Identify one (or more) goal, habit, or decision you want to move forward with.	20	Write down what 5 minutes a day of progress could look like.	21	Write down what you could do, right now, to move forward.	22	Identify what you're potentially losing out on by not acting now.	23	Identify where in your schedule you could make time for this goal/habit/decision.	24
P A S T H I O E W N C E		25	Identify actions/routines that once felt impossible that you now do without thinking.	26	Identify roughly how long it took in weeks/months/years to get to that point.	27	Write down what this goal, habit, or decision looks like daily, rather than an end goal.	28	Identify times comparison made you unsure or stopped you from making a decision.	29	Identify 'why' you're pursuing this goal/making this decision.	30