



Welcome to your Self-Trust Quiz.

Consider the questions below and don't overthink the scores. They will give you understanding of how much self-trust you have now. In the coaching journey, we would usually revisit these questions every 3-months, so you can keep track of your self-trust and build even stronger awareness of your agreements with yourself and others.



Rate your ability to trust yourself in each of the following areas of life on a scale of 0 to 10
(Total lack of trust is (0) and (10) is Complete Trust)

You'll possibly feel that you could rate some parts of each one of these boxes as different scores. If so, just put the numbers for each part, as you see it, and we'll use the average of those scores as the total for each box.

COMMUNICATION: How much do you trust yourself to tell the truth, say what needs to be said for healthy relationships, speak kindly and express yourself authentically? ____	MONEY: How much do you trust yourself to stay conscious of what you have, to maintain a positive attitude around money & to avoid taking on unnecessary debt? ____
DEPENDABILITY: How much do you trust yourself to show up for friends and family, and support them when they need it? ____	HEALTH MAINTENANCE: How much do you trust yourself to treat your body & soul well, to get the care you need & be kind to yourself? ____
TIME MANAGEMENT: How much do you trust yourself to be on time, to stick to your schedule and to plan appropriately? ____	NUTRITION: How much do you trust yourself to make good food choices, to eat in a healthy manner & stick with your agreements around eating? ____
FOLLOW THROUGH: How much do you trust yourself to follow through on your projects, in the time frame intended, to completion? ____	WORK PERFORMANCE: How much do you trust yourself to honour the work you do, to do your best & to show up enthusiastically? ____
FOCUS: How much do you trust yourself to stay focused on what you have chosen to work on & avoid indulging in distraction? ____	VALUES: How much do you trust yourself to live by your core values? ____