

# B.R.A.V.I.N.G TRUST

Content from the book Braving the Wilderness by Brene Brown

Invitations to begin to ask yourself these questions and be honest with yourself as you continue to build or rebuild trust with yourself as you become the best version of yourself one day at a time.

**B** - Did I respect my own boundaries? Was I clear about what's okay and what's not okay?

**R** - Was I reliable? Did I do what I said I was going to do?

**A** - Did I hold myself accountable?

**V** - Did I respect the vault and share appropriately?

**I** - Did I act from my integrity?

**N**- Did I ask for what I needed? Was I non-judgemental about needing help?

**G** - Was I generous toward myself?