

Wellbeing-Resilience Toolbox for Teachers

HABIT #2: TRUST

TRUSTING YOUR INSTINCTS

Self-trust is an essential Resilience Skill. Very often we let the opinions and pressures of others cloud our own judgment. Read through and answer the questions below.

Self-Reflection:

How would I rate my ability to TRUST myself? (Give yourself a rating between 0-10. 0 is non-existent and 10 is excellent)

For what reason(s) did I give myself this rating?

How can I TRUST myself more?
