

BRAVING INVENTORY: **Rumbling with Self-Trust**

Boundaries: Did I respect my own boundaries? Was I clear about what's okay and what's not okay?

Reliability: Was I reliable? Can I count on myself to do what I committed to doing?

Accountability: Did I hold myself accountable? Did I blame others? Did I hold others accountable with honesty and respect?

Vault: Did I respect the vault and share appropriately?

Integrity: Did I act from my integrity? Did I choose courage over comfort? Did I choose what's right over what's fun, fast, and easy? Did I practice my values?

Nonjudgment: Did I ask for what I needed? Was I nonjudgmental about needing help?

Generosity: Was I generous toward myself?
