Learn how to trust... yourself!

Most of us have people we trust in our lives. They may be our spouses, partners, parents, other family members, friends or coworkers. They're the people we know who will always "have our backs."

But do you trust yourself?

· Do you believe in your own instincts?

· Can you make and stick with your decisions?

· Would you turn to yourself for advice if you were your friend?

Why it's essential to trust yourself

There are many times we feel uncertain in life. Sometimes someone else makes us question ourselves. And sometimes we do it to ourselves with negative self-talk and doubt.

But trusting yourself is key to enjoying and succeeding in life. It helps you learn from your mistakes, get through hard times and make difficult decisions.

Steps to believing in yourself

1. **Make self-care your top priority.** Exercise, eat right and get enough sleep. Set aside time for fun and relaxation.

2. **Recognize your successes — even the small ones.**

3. **Practice self-forgiveness.** Look in the mirror and say: "I forgive myself for..." whenever you need to let go of errors.

4. **See missteps as chances to learn.**

5. **Write down things you like about yourself.** Include strengths, talents and abilities. Make another list of what others say they like about you. Add to both lists as often as possible. Keep these lists handy and re-read them whenever you doubt yourself.

6. **Try new things.** Push yourself to expand your comfort zone.

7. **Trust your instincts.** Make decisions and stick to them. Remember, you'll learn even if you turn out to be wrong sometimes.

Practice these steps to build self-trust. As your confidence increases, you'll find yourself growing in ways you never even imagined.

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