



Resources – Trust yourself

- <https://www.healthline.com/health/trusting-yourself>
- https://www.youtube.com/watch?v=jZfA8_mYB-k
- <https://soulsalt.com/how-to-trust-yourself/>
- <https://www.aconsciousrethink.com/11658/how-to-trust-yourself/>
- <https://psychcentral.com/blog/3-ways-to-develop-self-trust#5>
- <https://nickwignall.com/8-simple-ways-to-trust-yourself-more/>
- <https://www.youtube.com/watch?v=rF2F80Y1D1Q>