

TRUST

The core of my being is filled with trust;
I trust myself and follow my inner guidance to
make the highest choices for my life.

I am willing to let go of my disappointments, hurts
and self-protective behaviors.

I choose to release my barriers to intimacy.
I now fully surrender these situations
to the Archangel Michael.

I relax into the knowledge that I am always
protected, supported and divinely guided

I Trust

DEFINITION

*Trusting people are those who are open and say yes to life,
because they are in complete harmony with themselves and
spirit. They trust themselves, know when to trust others and
when to use discernment. They know!*

QUESTIONS TO PONDER

How can you become fully trusting?

What does trust mean to you?

How can you trust your inner guidance
and universal support?

ACTION STEPS

pick one for each day or each week

Notice when you trust, it can feel solid or like falling through air.
Choose to keep breathing, choose to keep falling,
you will be okay.

Spend quiet time each day with your inner guidance,
build your trust muscles.

Ask for something from the universe and trust
that it will be delivered to you.