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**THE POWER OF TRUST:**  
**INSIGHTS – SUMMARY AND BULLET POINTS**

**1. TRUST THYSELF ABOVE ALL ELSE**

No one knows more than your core about what is best to allow *your* success!

**2. TRUST THAT CONTRAST EXISTS FOR YOU**

Contrast exists to help you choose flow or upgrade your life - *always*

**3. TRUST YOUR DREAMS AND VISIONS TO SHOW YOU THE WAY THROUGH THE PATH OF LEAST RESISTANCE**

...And there are infinite possibilities for fab-YOU-lousity!

## THE POWER OF TRUST: TOOLS

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### **TOOL #1: REPLAY THE TRUST TAPES**

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1. Think about one or many things that truly matter to you that came to you in magical and unexpected ways
2. Make a list/recording/collection of images of these events along with any bullet points or details that really made you feel blessed
3. Create a memory-jogger of some kind that you can keep with you
4. Revisit your story/stories daily (or multiple times throughout your day) or any time you need a reminder that things can and do work out for you, and that what was once “impossible” can indeed become possible!

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## **TOOL #2: BOOST YOUR DAILY TF (TRUST FACTOR)**

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1. Make a note/list/recording/visual record of the good things that flow your way daily including:

- Awesome animal sightings
- Songs that play that are exactly what you need to hear
- Numbers lining up or meaningful numbers repeating
- Messages or meaningful symbols you find throughout the day
- Cool interactions with friendly, helpful, happy people
- Things working out in fun ways
- Unexpected gifts/blessings

## **HERE'S A BULLET LIST OF THE POWER OF TRUST:**

TOOL #1: REPLAY THE TRUST TAPES

TOOL #2: BOOST YOUR DAILY TF (TRUST FACTOR)

→ Choose the one that feels best to you and do it now.