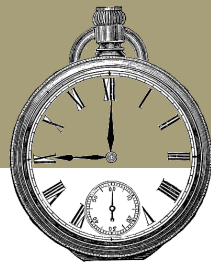


**SESSION 6 - THE STORYTELLER**  
TRUST YOUR SELF SO YOU CAN TRUST OTHERS



*Ask yourself the following questions to master the art of  
Self Trust*

**Do you know your boundaries?  
Do you respect them?**

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**Do you have a sense of integrity with Your Self?  
Do you choose courage over comfort?**

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**Can you rely on Your Self? Do you keep the  
promises you make to Your Self?**

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**How kind are you to Your Self?  
Do you judge Your Self?**

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**Can you hold Your Self accountable?  
Do you own Your Own mistakes?**

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**Can you forgive Your Self for the mistakes  
you make?**

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