



CULTIVATING SELF-TRUST USING B.R.A.V.I.N.G.

by BRENÉ BROWN

B—Did I respect my own boundaries? Was I clear about what's okay and what's not okay?

R—Was I reliable? Did I do what I said I was going to do?

A—Did I hold myself accountable?

V—Did I respect the vault and share accordingly?

I—Did I act from my integrity?

N—Did I ask for what I needed? Was I non-judgmental about needing help?

G—Was I generous towards myself?