

# SELF-TRUST

FREE 14 DAY



# RESET

MILLIE-DEEPWITHIN

# Step Right In!

Congratulations on taking this step to reconnect with yourself. Over the next 14 days, you will explore gentle reflections, journaling prompts, and small actions designed to help you rebuild self-trust and deep self-understanding. Each day is a chance to listen to your inner voice, honor your needs, and strengthen the relationship you have with yourself.

This guide is yours to move through at your own pace with no pressure or judgment. It is simply a space to pause, reflect, and grow. You will also notice small exercises to help you approach food with mindfulness, honoring your body and your needs in a gentle way.

Millie-Deep Within

ABOUT ME



Hi, I'm Millie. I guide women in rebuilding self-trust, healing from past patterns, and creating meaningful change in their lives. Through reflection, mindful practices, and gentle guidance, I support women in reconnecting with themselves and inspiring healing in their families. I created this guide as a simple and supportive tool for your journey, and I am honored to share it with you.

# LISTENING TO YOUR INNER VOICE

Many of us learned to ignore our own needs to keep peace or please others. Today is about noticing your inner voice and beginning to reconnect with what truly matters to you.

**When do I feel most disconnected from myself?**

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**What small thing can I do today to honor my own feelings?**

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**What is one moment today where I could have paused and truly listen to myself?**

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Pause at least once today and check in with yourself.  
Ask: "What do I really need right now?"

# NOTICING YOUR PATTERNS

Our habits often run quietly in the background, shaping how we respond to situations without us even realizing it. Today is about becoming aware of the patterns in your thoughts, emotions, and actions. Observing them without judgment is the first step toward building trust with yourself.

**What situations or relationships tend to make me feel small or unheard?**

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**Where do I notice myself reacting automatically rather than listening to what I truly need?**

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**What patterns have I repeated that no longer serve me?**

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Take a moment today to notice one habit or reaction without trying to change it. Simply observe and reflect: “What does this tell me about my needs?”

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# MOMENTS I TRUSTED MYSELF

While it's easy to notice times we doubted ourselves, it's equally important to recognize when we followed our intuition or made choices that felt true. Reflecting on these moments strengthens your connection with your inner voice and reminds you of your own resilience.

**Recall a time when you trusted your instincts. What happened and how did it feel?**

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**When have you stood by your decisions even when it was difficult?**

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**What strengths or qualities helped you trust yourself in that moment?**

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Today, celebrate one small choice you make with self-trust, noticing the confidence it brings.

# DRAWING YOUR NEEDS



SOMETIMES WORDS AREN'T ENOUGH TO CAPTURE WHAT WE TRULY NEED. TODAY, WE'LL USE A CREATIVE APPROACH TO EXPLORE YOUR INNER WORLD. THIS EXERCISE IS ABOUT NOTICING YOUR NEEDS AND FEELINGS IN A PLAYFUL AND VISUAL WAY! THERE'S NO RIGHT OR WRONG, JUST YOUR EXPRESSION.

**USING A BLANK PAGE, COLORED PENCILS, PENS OR MARKERS, DRAW A REPRESENTATION OF WHAT YOU NEED MOST RIGHT NOW. IT COULD BE SHAPES, COLOURS, SYMBOLS, LINES; WHATEVER FEELS NATURAL TO YOU. BREATHE AND ALLOW YOURSELF TO NOT OVERTHINK IT. LET YOUR INTUITION GUIDE YOU.**

PLACE YOUR DRAWING SOMEWHERE VISIBLE TODAY AS A REMINDER OF THE CARE YOU DESERVE, OR TUCK IT AWAY TO REVISIT LATER.

# A MOMENT TO REFLECT

You have spent the past week slowing down, listening inward, and exploring your thoughts and experiences. Growth often happens quietly through small moments of awareness. Today is an opportunity to pause and notice what this journey has begun to reveal.

**What is one thing I have learned about myself during these last few days?**

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**What emotions or patterns have I begun to notice more clearly?**

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**What is one small way I have started showing myself more care or understanding?**

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Take a quiet moment today to congratulate yourself for showing up for this journey. Take a few slow breaths and allow yourself to feel the care you are giving to your own growth. Notice how choosing to love and understand yourself can gently reflect into your life more each day.

# LIVING WITH GREATER



# SELF-TRUST

# LISTENING TO YOUR BODY

Self-trust deepens when we begin to listen to the signals of our own bodies. Hunger, fullness, fatigue, and energy are all forms of communication. Learning to notice them helps us respond with care rather than habit.

**How often do I pause and notice what my body is telling me throughout the day?**

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**When do I feel most nourished and energized after eating?**

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**What might change if I listened to my body with more patience and curiosity?**

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Before one meal today, pause and take a slow breath. Notice your hunger, your mood, and the experience of eating. If you're comfortable, take a moment to thank the plants and animals for nourishing your body.

# FOOD AND EMOTION

Food is often connected to emotion, comfort, celebration and routine. There is nothing wrong with this, but becoming aware of our patterns can help us care for ourselves more intentionally.

**When do I tend to eat out of emotion rather than hunger?**

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**What feelings usually accompany those moments?**

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**What other forms of care might support me in those moments?**

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Notice one moment today when food and emotion connect.  
Simply observe without judgment.

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# THE ENVIRONMENT WE CREATE

The way we speak about food, stress, and our bodies often shapes the environment around us. Our habits and attitudes can quietly influence the people we love, especially within our families.

**What messages about food or self-care did I grow up hearing?**

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**How might my current habits influence the atmosphere in my home?**

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**What kind of relationship with food and self-care would I want to model?**

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The way we speak about food, stress, and our bodies often shapes the environment around us. Our habits and attitudes can quietly influence the people we love, especially within our families.

# CHOOSING NOURISHMENT

Self-trust grows when we make choices that truly support our well-being. Nourishment is not about perfection. It is about caring for ourselves in ways that bring steadiness, energy, and balance.

**What foods make me feel physically and emotionally supported?**

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**What does nourishment mean to me beyond simply eating?**

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**What small choice today could support my well-being?**

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Prepare or choose one meal today with intention and gratitude.

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# BOUNDARIES AND CARE

Trusting yourself also means recognizing your limits. Boundaries are a form of care that protects your energy and allows you to show up more fully for yourself and others.

**Where in my life do I need more space or balance?**

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**What boundary would bring me more peace right now?**

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**How might honoring my needs positively affect my family or relationships?**

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Practice saying “no” or adjusting one expectation today.

# THE RIPPLE EFFECT

When we begin caring for ourselves differently, it creates a ripple effect. Our children, partners, and loved ones notice the shifts in how we respond, eat and rest.

**What changes have I begun to notice in myself during this reset?**

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**How might these changes influence those around me?**

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**What example of self-care or self-trust would I like to pass on?**

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Share a moment of calm, gratitude or connection with someone you love today!

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# A LETTER TO YOURSELF

**Over the past fourteen days you have taken time to listen, reflect, and reconnect with yourself. Growth often happens quietly through small moments of honesty and care. Today is an opportunity to honor that journey by writing a letter to yourself. This letter can become a reminder of the compassion, protection, and understanding you deserve to carry forward.**

Grab something to write on and with! Write a letter to yourself as you are today. Speak to yourself with kindness and honesty. You might include words of encouragement, reminders to protect your peace, or promises to care for yourself with compassion. Let this letter reflect the understanding and self-trust you are continuing to build.

**When you finish writing, take a moment to breathe slowly and read your letter back to yourself. Consider keeping it somewhere safe so you can return to it whenever you need a reminder of the care and understanding you deserve.**

# A MOMENT TO HONOR YOUR GROWTH

**The past fourteen days were never about perfection. They were about pausing long enough to hear your own voice again.**

**Self-trust grows slowly through moments of awareness, honesty, and compassion. Every time you choose to listen to yourself, care for your needs, and approach your life with understanding, you strengthen that trust.**

**The work you have done here is not something that ends today. It continues in the small choices you make each day, in the way you care for your body, speak to yourself, and show up in your relationships.**

**When we learn to understand and love ourselves more deeply, that care naturally reflects into the lives around us. The way we nourish ourselves, the patience we offer, and the compassion we practice all shape the environment we create for those we love.**

**Thank you for giving yourself this time.**

**Your relationship with you is the foundation of everything.**

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## WANT TO LEARN MORE?

Your journey of self-trust and understanding continues beyond these page. At **DeepWithin**, you will find reflections on emotional healing, mindful nourishment and practices for living with greater awareness.



**I created this guide to give you a gentle space to reconnect with yourself. Thank you for letting me be part of that journey.**

**Remember self-trust grows in small moments. Pause, reflect and honor yourself everyday.**

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