



Karmatude + Big Picture Numerology Pilot Episode

Trust Yourself *download for Pilot Episode*

To recap, Trusting Yourself is all about relying on your inner guidance system.

It's about trusting what you know in yourself is true, even when others don't agree with you—or when you believe that others don't agree with you.

It's possible to trust yourself and find out later that you were wrong, but that gets into some complex discussion because there are a lot of things that can happen and there are plenty of instances when it may appear that you were wrong, but if the whole truth were laid out on the table, you would not be wrong.

Remember too, that I encouraged you to trust yourself in your viewing relationship with any of the shows you watch that I produced. Even though I'm the one encouraging you to Trust Yourself, you should still place your trust in yourself first!

Real World Challenge

This week's Real World Challenge is about trying out trusting yourself in situations or within relationships, in which you often or always don't honor—don't trust that little voice inside yourself—and instead, place the other person's views or what the situation seems to suggest, in the leading role.

1—think of a situation or relationship in which you have a tendency to let yourself down.

2—consider what you know would be actually be right for you in those circumstances. Most importantly: how do you want to feel before, during, and after the “event”?;

3—plan to carry that knowledge with you when you next encounter that person or type of situation.

4—know that you might not even think of it until after the fact.

5—that’s totally fine!

6—keep trying—having set your intention already, reminding yourself about it when you do think of it—about how you want to end up feeling, it’s going to work its way toward the surface, and then...

7—you’ll find yourself remembering, kind of, in the moment, but still not totally trusting yourself and conducting yourself the way you really want to.

8—then, eventually, you’ll get it—you’ll be doing it, in the moment. It might be awkward, embarrassing, and messy. You might be tripping over yourself. That’s okay. It’s actually a good sign!

9—then, finally, you’ll get it and you won’t be awkward anymore. It will start to become just part of the way you are.

It could take many attempts at each step.

But, in the end you’ll prevail.

This is not about getting one over on “the other guy,”

It’s about Trusting Yourself and the strength you’ll discover in yourself.

It’s about making your life better and better by being more and more in alignment with who you really are and how you really feel!

Here’s a mini-questionnaire to help you organize your thoughts...

Does my trouble stem from a relationship or a type of situation?

What usually happens?

How do I typically feel when I can see it coming; while it's happening; and afterward?

If you only answer 1 of these questions, make it this one:

How do I want to feel before, during, and after the encounter/situation?