

FAITH Framework Worksheet

Rebuild trust. Take action. Move forward.

F — Foundation

Where am I right now? What am I avoiding? What's the truth about my situation?

A — Attitude

What thoughts are keeping me stuck? What is one shift I can make today?

I — Integrity

What is one promise I can keep today? What action aligns with who I want to become?

T — Trust

What is one decision I will follow through on? How do I rebuild trust with myself?

H — Humility

Where do I need help? What do I need to let go of?

Your Challenge

Choose ONE action today. Keep it small. Follow through no matter what.

My one action today:

■ ***I will take action and rebuild faith in myself.***

Start small. One step builds momentum. One promise builds trust.