

FAITH FRAMEWORK

BY TRAVIS WHITE

A PRACTICAL RESILIENCE WORKBOOK

Rebuild Faith in Yourself

Five grounded steps to face where you are, rebuild self-trust, and move forward with purpose.

F

Foundation

A

Attitude

I

Integrity

T

Trust

H

Humility

NAME _____

How to Use This Worksheet

FAITH is a practical framework for the moments when life knocks you off course. Work through the five steps in order, or return to the step you need most today.



Foundation

Know what you are standing on.



Attitude

Choose the perspective that keeps you moving.



Integrity

Rebuild trust through honest, aligned action.



Trust

Learn to believe yourself one next step at a time.



Humility

Stay open to help, growth, and course correction.

A SIMPLE RULE

Be honest, keep your next step small, and treat follow-through as evidence - not a test of your worth.



Foundation

Know what you are standing on.

Face your current reality without shame or denial. Name what is true, what still matters, and what is within your control.

REFLECT

1

What is true right now - without minimizing or exaggerating it?

2

What still matters most to me?

3

What is within my control today?

ONE TRUTH I AM READY TO FACE:



Attitude

Choose the perspective that keeps you moving.

This is not fake positivity. It is deciding how you will respond, even when you cannot choose what happened.

REFLECT

1 What story am I telling myself about this setback?

2 Which part of that story is helping me - and which part is keeping me stuck?

3 What perspective would help me take the next honest step?

THE PERSPECTIVE I CHOOSE TODAY:



Integrity

Rebuild trust through honest, aligned action.

Make your choices match your values. Small promises kept consistently become self-respect rebuilt.

REFLECT

1

Which value do I want my next action to reflect?

2

Where have my actions and values drifted apart?

3

What small promise can I keep today?

THE PROMISE I WILL KEEP:



Trust

Learn to believe yourself one next step at a time.

Self-trust does not return all at once. It grows through evidence: one decision, one follow-through, one day at a time.

REFLECT

1

Where do I already have evidence that I can rely on myself?

2

What decision have I been avoiding?

3

What evidence can I create today that I can rely on myself?

THE EVIDENCE I WILL CREATE:



Humility

Stay open to help, growth, and course correction.

You do not have to rebuild alone or get every decision right. Stay teachable, ask for support, and adjust when you learn something new.

REFLECT

1 Where do I need support or a different approach?

2 Who is a safe person I can ask for help?

3 What do I need to release, learn, or reconsider?

THE SUPPORT OR ADJUSTMENT I WILL SEEK:

Turn Reflection Into Evidence

Choose one action small enough to complete today. Following through is how self-trust begins to grow again.

MY ONE ACTION

What specific action will I take?

WHEN AND WHERE

When and where will I do it?

SUPPORT

Who or what can help me follow through?

IF I GET STUCK

What is the smallest version of this action I can still complete?

MY COMMITMENT

When I take action, I rebuild faith in myself - one honest step at a time.