

# Self Trust & Cognitive Flexibility

*Learning how to show up for yourself without needing perfection.*

## **This week's focus:**

Your goal is not to do everything perfectly.

Your goal is to practice flexibility, consistency, and self-trust.

*Something still counts.*

## **Understanding All-or-Nothing Thinking**

Many people fall into patterns of thinking that sound like:

- “If I can’t do it perfectly, there’s no point.”
- “If I can’t finish all of it, I failed.”
- “If I already got off track, I might as well give up.”

This type of thinking often creates:

- procrastination
- overwhelm
- avoidance
- perfectionism
- shame
- difficulty starting tasks
- abandoning goals before they even begin

Over time, this can create a painful cycle:

You want to change.

You put pressure on yourself.

The pressure becomes overwhelming.

You avoid the task.

Then you judge yourself for avoiding it.

This worksheet is about interrupting that cycle.

## Important Reminder

Consistency is not the same thing as perfection.

Doing something imperfectly still matters.

Small efforts still count.

Tiny steps still build trust with yourself.

## The Goal This Week

Practice cognitive flexibility.

Instead of:

*"If I can't do it all, there's no point."*

Practice asking:

*"What is one realistic way I can show up for myself today?"*

## Flexible Self-Care Practice

### 1. Full Version

What you would ideally do on a high-energy day.

### 2. Medium Version

What you can realistically do on an average or busy day.

### 3. Tiny Version

What still counts on a difficult day.

Examples:

- stretching for 2 minutes instead of 30
- washing your face instead of a full routine
- writing one sentence instead of journaling pages
- walking around the block instead of a full workout
- answering one email instead of clearing your inbox
- spending 5 minutes on a project instead of avoiding it completely



## Reminder

The tiny version is not failure.

The tiny version teaches your nervous system:

“I can still show up for myself.”

“I do not need perfection to make progress.”

“Flexibility is part of consistency.”

## Reflection Prompts

What version did I complete most often this week?

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What got in the way?

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What helped me begin?

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What thoughts tend to make me shut down or avoid starting?

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What would it look like to speak to myself with more flexibility and less shame?

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You are not failing because you struggle with consistency.

Many people were never taught how to work with their nervous system, energy levels, emotions, or executive functioning in a compassionate way.

You are learning how to stop abandoning yourself every time things are imperfect.

*That is real progress.*

*Dr. Dallas Carey*