

To your thoughts and feelings, you can gain insights into your inner world. You will understand the reasons behind why you act a certain way or why you think a certain way, basically you will understand — the basis of all your decisions. This awareness can help you make choices that align with your true self and values rather than a spontaneous reaction based on justifying yourself. Cultivate self-confidence. Confidence and self-trust go hand in hand. Engage in activities that boost your self-esteem and confidence. Whether it acquiring new skills, setting and achieving goals, or practicing positive self-talk, these actions will help you abilities.

Celebrate Yourself! Learn from your successes. Just as you learn from your mistakes, take time to reflect on your successes. Acknowledge the times when you trusted yourself and it paid off. Acknowledge the strength and courage, with which you handled stressful moments and challenging environments. Remembering these moments will reinforce your belief in your abilities. Celebrate your successes, no matter how small they may seem. Acknowledging your achievements boosts your self-esteem and reinforces the idea that you believe in your can trust yourself to accomplish your goals.

These celebrations serve as positive feedback loops, encouraging you to continue believing in your capabilities. Keep Promises to Yourself. Building self-trust is like building trust in any other relationship. Keep the promises you make to yourself, no matter how small they may seem. When you consistently follow through on your commitments, you send a message to your inner self that you are reliable and trustworthy. This should be practiced daily, as consistency is the key to achieve greatness. Be patient with yourself. Trusting yourself is a lifelong journey. It normal to have moments of self-doubt even after you vet made progress. Be patient and understanding with yourself during these times. Remind yourself of how far you vet come and that self-trust.

****** After typing the whole Passage before 10 minutes, the candidates can repeat the passage from the beginning, during the prescribed time only.**