

Is an ongoing process. Developing self-trust is a lifelong journey, not a one-time event and certainly, it won't happen overnight. Be patient with yourself and understand that setbacks and moments of doubt are a natural part of the process. Trust-building is a marathon not – a sprint, so keep moving forward, even when progress seems slowly. Embrace uncertainty. Life is inherently uncertain, and learning to trust yourself does mean you all always have all the answers. Embrace the unknown and be open to learning and adapting as you go. Trusting yourself means having the confidence to navigate uncertain waters.

Priyanka Chopra Jonas, former Miss World, transitioned from the world of beauty pageants to Bollywood and eventually to Hollywood. Her journey was marked by fierce determination and a strong belief in her abilities, despite being an outsider in both industries. Priyanka's journey Embrace uncertainty. Life is inherently uncertain, and learning to trust you does mean reflects her self-trust and resilience. She trusted herself to break through cultural and industry barriers, working hard to prove her talent. Her global success as a singer and producer is a testament to her unwavering self-belief. Her constant willingness to keep learning and improving along the way is a salute to self-love.

An act of self-love! Starting to trust you is a profound act of self-love and empowerment. It's a journey of self-discovery, growth, and resilience. It requires self-reflection, self-compassion, and a commitment to self-improvement. By practicing self-trust daily, you all not only enhance your self-esteem but also create a more fulfilling and authentic life in which you can confidently pursue your dreams and aspirations. Remember, self-trust is the key that unlocks the door to a brighter and more empowered future. As you follow these steps and gradually build self-trust, you all find that you're better equipped to make empowering decisions, face challenges head-on, and live abundantly.

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