



Trust Yourself First

*A Simple Guide to Living Aligned
on Your Own Terms*

A free guide by Kathleen Locke
Perfectly Imperfect Coaching

Imperfect. Powerful. You.

A Note From Kathleen

First of all — I'm so glad you're here.

Perfectly Imperfect Coaching exists to support women who feel that quiet pull toward more — more confidence, more clarity, more freedom, and more life on their own terms. If that sounds like you, this guide was made with you in mind.

I want you to know something important before we begin: you are not broken. You don't need to be fixed. Real transformation doesn't come from striving for perfection — it comes from awareness, compassion, and the courage to choose yourself.

This guide isn't about becoming a completely new person. It's about coming home — to your own voice, your own values, your own perfectly imperfect self.

Inside these pages, you'll find a self-assessment to help you see where you are right now, five gentle steps to begin reconnecting with yourself, reflection questions along the way, and a set of journaling prompts to go deeper whenever you're ready.

There's no rush. No perfect way to do this. You are perfectly imperfect — and that is exactly enough.

I'm your personal cheerleader every step of the way.

With gratitude,

Kathleen Locke

Perfectly Imperfect Coaching

BEFORE WE BEGIN

Self-Assessment: How Aligned Am I Right Now?

Before we dive in, let's take an honest look at where you are today. Read each statement and rate yourself from 1–5:

1 = Rarely true 3 = Sometimes true 5 = Very true

1. I make decisions based on what I truly want, not just what others expect.

My score: _____

2. I trust my own judgment, even when others disagree with me.

My score: _____

3. I feel comfortable saying no without over-explaining myself.

My score: _____

4. I know what my core values are and I live by them.

My score: _____

5. I spend time doing things that genuinely light me up.

My score: _____

6. I don't feel the need to justify my life choices to others.

My score: _____

7. When I make a mistake, I treat myself with kindness.

My score: _____

8. I feel a sense of alignment between how I live and who I really am.

My score: _____

9. I give my own opinion as much weight as the opinions of others.

My score: _____

10. I believe I am allowed to want — and have — the life I actually desire.

My score: _____

YOUR TOTAL SCORE: _____ (out of 50)

10–20: You're just starting to tune in — this guide is exactly where to begin. Be gentle with yourself.

21–35: You're on your way. Some areas feel aligned, others need a little love. Keep going.

36–50: You're building real self-trust. Use this guide to deepen and strengthen what's already there.

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STEP 1

Notice the Noise

The first step toward self-trust is learning to tell the difference between your own voice and everyone else's.

We live in a world full of opinions. Family, friends, social media, culture — they all have something to say about how you should live, what you should want, and who you should be. Over time, it's easy to absorb those voices so deeply that they start to feel like your own.

But here's the thing: the fact that you're reading this tells me you already sense the difference. There's a perfectly imperfect, quiet part of you that knows what feels true — and what feels like performance.

Start by simply noticing. When you make a decision this week, pause and ask: *Is this what I want, or what I think I should want?* You don't have to change anything yet. Just notice.

"The most common form of despair is not being who you are." — Kierkegaard

REFLECTION QUESTIONS

1. Whose voice do you hear most often when you're making decisions? Is it yours?

2. When did you last do something purely because you wanted to — with no outside pressure?

3. What's one belief you hold about yourself that you're not sure is actually yours?

Reconnect With What You Actually Want

When we spend years listening to everyone else, we can lose touch with our own desires. It's time to listen inward.

Many of us are better at knowing what we *don't* want than what we do. That's okay — it's a starting point. Resentment, resistance, and that low-level feeling of 'this isn't quite right' are all data. They're your inner compass trying to get your attention.

Try this: Think about a moment when you felt genuinely, quietly satisfied. Not performing happiness — actually content. What were you doing? Who were you with? What was present, and what was absent? That moment holds clues about what alignment feels like for you.

Confidence is built through self-trust — and self-trust begins with knowing what you actually want. Your desires are not too much. They are not selfish. They are information. You are allowed to follow them.

REFLECTION QUESTIONS

1. *If no one had an opinion about your life, what would you do differently?*

2. *What are three things that genuinely light you up — that have nothing to do with being productive?*

3. *Where in your life do you feel the most like yourself?*

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STEP 3

Name Your Inner Critic

That voice that says you're not enough? It's not the truth. It's a habit — and habits can change.

Most of us have an inner critic — the voice that second-guesses, compares, and whispers that you're doing it wrong. It might sound like perfectionism, like self-doubt, or like a very specific person from your past.

Here's a gentle reframe: your inner critic isn't your enemy. It developed to protect you — to keep you safe from rejection, failure, or standing out. But it's working from old information, and it often shows up when you're on the edge of something good. Something perfectly imperfect and entirely yours.

Try giving your inner critic a name — something a little absurd, like 'Karen from Accounts' or 'Radio Doubt.' When you name it, you create distance. You can acknowledge it without believing it.

You might say: *"Thanks for trying to keep me safe. I've got this."* Then take the next small step anyway.

REFLECTION QUESTIONS

1. *What does your inner critic most often say to you? Write it down.*

2. *If a close friend said those words to you, how would you respond to them?*

3. *What would you do or try if you knew your inner critic was wrong?*

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STEP 4

Build Your Evidence File

Self-trust grows when we collect proof that we are capable, resilient, and wise.

Confidence is built through self-trust — and self-trust grows when we collect evidence that we are capable, resilient, and wise. One of the most powerful things you can do is intentionally look back at your own history — not for the mistakes, but for the moments you got it right. The times you listened to your gut and it led you somewhere good. The hard things you survived. The decisions you made that turned out well.

We tend to discount these moments. We move on quickly from our own wins. But when you keep a running record — even a mental one — of the times you trusted yourself and it worked, you start to build a case for your own competence. Evidence over anxiety.

Start your Evidence File today. It doesn't need to be fancy — a notes page on your phone is enough. Every time you make a good call, handle something hard, or show up for yourself in a perfectly imperfect way, write it down.

REFLECTION QUESTIONS

1. Name three times in your life when you trusted yourself and it worked out.

2. What's a challenge you've overcome that you don't give yourself enough credit for?

3. What does this evidence tell you about who you actually are?

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STEP 5

Choose Alignment Daily

Living on your own terms isn't a destination. It's a practice — made of small, intentional choices.

Self-trust and alignment aren't things you achieve once and then have forever. They're things you choose, repeatedly, in small moments throughout your day. The more often you choose them, the more natural they become.

This might look like: pausing before saying yes to something that doesn't feel right. Doing one thing today purely because *you* want to. Speaking your opinion, even when it's a little uncomfortable. Resting without guilt. Saying no with kindness — and without a long explanation.

Alignment isn't about having it all figured out. It's about leaning toward your truth, a little more each day. Perfectly imperfect. Progress over perfection — always.

REFLECTION QUESTIONS

1. *What's one small way you could honour your own needs today?*

2. *Where in your life are you most out of alignment — and what's one tiny step toward changing that?*

3. *What would living more aligned actually look like for you, in everyday, practical terms?*

Your Journalling Prompts

When you're ready to go a little deeper, these prompts are here for you. There's no right way to use them — write as much or as little as feels good. Come back to them whenever you need.

◆ *If I stripped away every expectation others have of me, who would I be?*

◆ *What am I tolerating in my life that I no longer want to tolerate?*

◆ *What does 'living on my own terms' actually mean to me?*

◆ *When I imagine my most aligned, truest self — what does her life look like?*

◆ *What am I most afraid people will think if I truly start living for myself?*

◆ *What is one thing I've been waiting for 'permission' to do — and what if I gave myself that permission today?*

◆ *What does self-trust feel like in my body? When do I feel it most?*

You've Already Begun.

By reading this guide and sitting with these questions, you've already done something meaningful. You've chosen awareness. You've chosen compassion. You've chosen yourself — and that matters more than you know.

Self-trust is not built in a day. But it is built — one honest thought, one brave choice, one perfectly imperfect act of self-compassion at a time. You don't have to have it all figured out. You just have to keep going.

Imperfect. Powerful. You.

READY TO GO FURTHER?

If this guide resonated with you, I'd love to continue this conversation together. I specialise in supporting women who are ready to build confidence, clarity, and self-trust — in a warm, non-judgmental space where you are truly seen. As your personal cheerleader, I'm here every step of the way.

■ kathleen@perfectlyimperfectcoaching.com.au

■ perfectlyimperfectcoaching.com.au

■ [@perfectlyimperfect_coaching](https://www.instagram.com/perfectlyimperfect_coaching) (Instagram)

I'd love to hear from you.

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Kathleen Locke

Life Coach

kathleen@perfectlyimperfectcoaching.com.au
perfectlyimperfectcoaching.com.au