

# Self-Trust vs. Self-Control: A Simple Distinction

## When You Lead With Self-Control

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- “I should be able to do this.”
- “Just push through.”
- “Don’t let yourself off the hook.”
- Motivation comes from pressure.
- Progress feels heavy or brittle.
- Burnout creeps in quietly.

## When You Lead With Self-Trust

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- “Let me check what’s actually true.”
- “What would support me right now?”
- “I trust my timing and capacity.”
- Motivation comes from alignment.
- Progress feels sustainable.
- Momentum builds without force.

## A Question to Sit With

Where in your life or work are you relying on control...  
when trust might create a better result?