# Validation Log Worksheet

Use this worksheet to track moments when you trusted your instincts or judgment and reflect on the outcomes. Over time, this practice will help you build confidence and trust in yourself.

## Instructions

1. Date/Time : Write down the date and time when the event occurred.
2. Situation/Decision : Describe the situation or decision you faced.
3. What Did You Do? : Note the action you took or the choice you made.
4. Outcome : Reflect on the outcome of your decision.
5. Feelings : Record how you felt before, during, and after making the decision.
6. Reflection : Identify what this experience taught you about trusting yourself.

## Validation Log Template

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|  **Date/Time**  |  **Situation/Decision**  |  **What Did You Do?**  |  **Outcome**  |  **Feelings**  |  **Reflection**  |
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## Example Entry

- Date/Time : 2024-12-10, 10:00 AM
- Situation/Decision : I had to decide whether to attend a social gathering.
- What Did You Do? : I chose to decline the invitation because I needed rest.
- Outcome : I felt more energized the next day and appreciated my quiet evening.
- Feelings : Before: anxious about saying no. During: nervous but firm. After: relieved and proud.
- Reflection : This experience showed me that prioritizing my needs is valid and beneficial.

## Weekly Summary

At the end of each week, take a moment to review your entries and answer these questions:
- What patterns do you notice about the outcomes of trusting your instincts?
- What small wins can you celebrate?
- How can you apply these lessons to future decisions?

## Notes

- Keep this log in a dedicated notebook, digital document, or journaling app.
- Revisit past entries regularly to remind yourself of your progress and resilience.