



# THE SELF-TRUST LAB™

## 7-Day Self-Trust Experiment

7 Days of Micro-Experiments in Personal Integrity  
Keep your own promises.  
Build self-trust in small completions.





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**Welcome** Welcome to the 7-Day Self-Trust Experiment. You don't need a life overhaul. You don't need to quit your job, shave your head, move across the country, or reinvent yourself. You need one small promise. Kept.

Self-trust is not built through intensity. It's built through repetition.

For the next 7 days, you will complete one micro-experiment per day. Nothing dramatic. Nothing performative. Just completion. And completion changes identity.

**What This Is** The Self-Trust Lab™ is a public experiment in personal integrity. At the Lab table, you choose one action and complete it in real time. This 7-day version extends that experiment into your daily life.

The principle is simple:  
Small, completed actions strengthen self-trust.  
Self-trust strengthens sovereignty.  
Sovereignty stabilizes your life.

### How to Use This

- Complete one experiment per day.
- Do it fully.
- Observe your response.
- No skipping ahead.
- No doubling up.
- No perfection required.

The only requirement is completion.





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### DAY 1

Drink a full glass of water.  
Finish it. Now.

**Observe:**

Did you hesitate?  
Did you comply immediately?  
Did you almost not do it?

Self-trust builds in small completions.

**Reflection:**

What does this reveal about your relationship to simple commitments?





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### DAY 2

Set a 5-minute timer and begin something you've been postponing.

**Observe:**

Was starting harder than doing?

**Reflection:**

Where does avoidance live in your body?





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### DAY 3

Say no to one small thing today.

**Observe:**

Did guilt appear?

Relief?

Resistance?

**Reflection:**

What does honoring your boundary feel like?





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### DAY 4

Finish one task before starting another.

**Observe:**

Did your mind want to multitask?

**Reflection:**

What shifts when you complete before beginning again?





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### DAY 5

Tell the truth kindly in one small moment.

**Observe:**

Did your nervous system activate?

Did clarity feel stabilizing?

**Reflection:**

How does integrity affect your sense of self?





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### DAY 6

Go to bed 15 minutes earlier tonight.

**Observe:**

Did you negotiate with yourself?

**Reflection:**

How do small future-focused actions build trust?





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### DAY 7

Choose one promise for yourself this week – and write it down.  
Complete it within 48 hours.

**Observe:**

How does written commitment change follow-through?

**Reflection:**

Who are you becoming through repetition?





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### IT IS DONE

Self-trust is not dramatic.

It is built through:

Completion.

Repetition.

Integrity.

When you keep your own promises,  
you become someone *you* can rely on.

And when you can rely on yourself, your life stabilizes.

### ABOUT ME

Donnia Anastasia is the creator of The Self-Trust Lab™ and founder of the Sacred YES Universe. For over 15 years, she has worked in holistic wellness, embodiment, and personal transformation in her local community. Her work focuses on micro-integrity — the practice of keeping small promises to build sovereign identity. The Self-Trust Lab™ is a public ritual that turns personal development into lived experiment.

No hype. No overhaul.  
Just completion.

### CONTINUE

Continue the Research

If you'd like to explore further:

- Follow the Self-Trust Lab™ on Instagram: @donnaianastasia
- Learn about upcoming workshops: [www.sacredweirdo.com](http://www.sacredweirdo.com)
- Book a session: [sacredweirdo@gmail.com](mailto:sacredweirdo@gmail.com)



**Keep your own promises.**

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