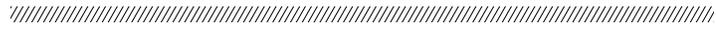




**LOOKING BACK:**

# Build Trust



Who is someone that you really trust? What is it that makes them trustworthy?

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Who is someone you do not trust? What is it that makes them untrustworthy?

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Given what you've said above, is there anything you think you should do differently to be more trustworthy?

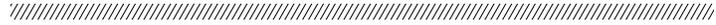
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**LOOKING AHEAD:**

# Building Trust



Use this form to consider the factors that influence trust—character, competence, reliability, warmth, and stewardship. Identify any changes you can make to become more trustworthy.

**CHARACTER**

Are you honest, transparent, and non-judgmental? Do you need to change so that you can be more trustworthy?

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**COMPETENCE**

How can you increase the usefulness of what you share? Do you need to be more focused or precise? Do you need to increase your depth of knowledge?

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**RELIABILITY**

What organizational rituals and boundaries can you add, or what activities can you quit so you can be more reliable?

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**WARMTH**

Do you need to get better at demonstrating empathy, listening, being a witness to the good, or being vulnerable to encourage trust?

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**STEWARDSHIP**

Do you need to change your outlook on life in any way so that you are less concerned with yourself and more concerned with others?

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