



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 nonjudgmental? 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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