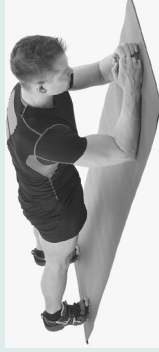


# TRUSTWORTHY ~S.O.A.K. ~ Sometimes learning penetrates best when we are relaxed and not trying too hard to make it happen.

Stress-free Opportunities to Absorb Knowledge

Choose what works for you. (Like a "Trustworthy" bath bomb infused with personalized nutrients)

Image by <https://www.istockphoto.com/portfolio/starush>

Quotes	Music	Statements affirmations	Books poetry stories	Art	Videos movies	Movement other ideas
<p>"To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man." —Polonius, in <i>Hamlet</i> (act I, scene 3)</p> <p>"Trust yourself, you know more than you think you do." —Benjamin Spock</p> <p>"Trust is earned when actions meet words." —Chris Butler</p> <p>"The glue that holds all relationships together—including the relationship between the leader and the led—is trust, and trust is based on integrity." —Brian Tracy</p> <p>"If you sense that I am being authentic, that I have real rigor in my logic, and if you believe that my empathy is directed towards you, you are far more likely to trust me." —Frances Frei</p>	<p>"Get Together" The Youngbloods</p> <p>"His Eye Is on the Sparrow" (Gospel hymn) Civilla Martin and Charles H. Gabriel</p> <p>"I'll Be There" Jackson 5</p> <p>"I'm Already There" Lonestar</p> <p>"I'll Stand by You" The Pretenders</p> <p>"Consider the Lilies" Roger Hoffman</p> <p>"Before He Cheats" Carrie Underwood</p> <p>"Trust in Me" Etta James</p> <p>"Best Friend" Queen</p>	<p><b>For coaches:</b> Because of the things I do, the people I coach have evidence that I care and have their best interests at heart.  I spend time thinking about the teachers I work with and how to best support them.  I trust myself and act on service-oriented thoughts and feelings.  I am dedicated to becoming more ethical, honest, and full of integrity.  I keep my word. I follow through on what I say I will do.</p> <p><b>For teachers:</b>  When I tell my students I will do something, they can trust it will happen.  I regularly do little things for students, to ensure they know I care and am thinking about them.  I listen to and trust my heart and mind, then act in ways I feel would be best for students and others.</p>	<p>"The Boy Who Cried Wolf" Aesop</p> <p>"The Honest Woodman" Jean de La Fontaine</p> <p><i>The Speed of Trust</i> Stephen M. R. Covey</p> <p><i>Pinocchio</i> Carlo Lorenzini</p> <p>"The Indian Cinderella" Cyrus Macmillan</p> <p>"The Story of Regulus" James Baldwin</p> <p>"Honest Abe" Horatio Alger</p> <p>"The Pied Piper of Hamelin" Joseph Jacobs</p> <p><i>The Thousandth Man</i> Rudyard Kipling</p>	<p><i>Give and Take</i> (Bronze sculpture) Lorenzo Quinn</p> <p><i>Sweet Thunder</i> Peter Chilelli</p> <p><i>Sunset Climbers Posters and Art Prints</i> barewalls.com</p> <p><i>First Steps</i> Vincent van Gogh</p> <p><i>Siblings</i> Marisa Gabetta</p> <p><i>Rowing Sparkles</i> Kip Decker</p> <p><i>Cirque du Soleil's Trapeze Artists</i> Catching Google Search/Images</p>	<p><i>How to Build (and Rebuild) Trust</i> (TED Talk) Frances Frei</p> <p><i>Liberty Horse Training: Heartland</i> Amy and Spartan on YouTube</p> <p><i>Frozen</i> (2013)</p> <p><i>Gandhi</i> (1982)</p> <p><i>Homeward Bound: The Incredible Journey</i> (1993)</p> <p><i>Up</i> (2009)</p> <p><i>A Man for All Seasons</i> (1966)</p>	<p><b>Plank Pose</b></p>  <p><b>5 Ways to Build Trust With Your Body Language:</b> Rhett Power</p> <ul style="list-style-type: none"> <li>• Hold eye contact.</li> <li>• Keep good posture: Stand up or sit up straight and lean in to listen, arms in an open position.</li> <li>• Smile: Show some teeth, let your smile fade slowly.</li> <li>• Mind your hands: Give firm handshakes, avoid excessive movements or pockets, keep your hands where people can see them.</li> <li>• Be a mirror: Show empathy, reflect the same emotions to show you're listening and you care, but don't copy exactly.</li> </ul> <p><b>Oil:</b> German chamomile <b>Stone:</b> sodalite <b>Color:</b> purple</p>

When trust exists, there is learning, joy, and love. (Knight, 2016, p. 188)

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