



NOTE TO SELF

How do you convey that you are trustworthy practically and emotionally?

	I DO THIS OFTEN.	I SOMETIMES DO THIS.	I RARELY, IF EVER, DO THIS.
PRACTICAL TRUST			
I arrive early to scheduled meetings.			
I keep track of my work obligations so I get them done.			
My completed work is timely and accurate.			
I take the time to demonstrate care for others.			
I convey my respect for others through my words and actions.			
The information I share with others is accurate.			
When I am wrong, I admit it to my team.			
I do not share gossip or tear down others who are not present.			
I volunteer to help whenever I am able.			
I explain myself so that my intentions are understood by others.			
I allow myself to be confidently vulnerable to others.			

Now analyze your practical and emotional trust behaviors. Which are areas of strength? What growth opportunities do you see?

MY STRENGTHS	MY GROWTH OPPORTUNITIES