

TRUST JOURNAL PROMPTS

- Think of yourself in a role, how would you assess yourself in each distinction of trust - with 1= Low & 4=High?
- Ask yourself - How am I acting in ways that build trust in care, sincerity, reliability, and competence with my _____. (teammates, manager, family, friends)
- What might you be saying or doing that is increasing your trustworthiness?
- What might you be saying or doing that is diminishing your trustworthiness? (Be specific about the data that informs your response - recall a time, situation)
- If a new team member were to ask your peers/manager how they experience you in each of the four areas of trust, what do you think they would say? Why (Data)?
- Do you hold your teammates/co-workers 'interests at heart? How do your teammates know?
- What's the trust conversation you need to have in order that your contribution for the _____ (Project, Experience, job,) stays on track? With whom? About what? Can you name what has been damaged or broken and how to begin repairs?

PAIR SHARE (20 mins)

- What did you learn about yourself and trust by doing this self assessment?
- What is the work you need to do to leverage or address what you have found?
- When can you next practice and address the role?
- If you were able to change this aspect of yourself, how would it contribute to your work to shift the intention of _____(experience, project, job)

BACK TO GROUP (5-10 MINS)

- In chat place some highlights of your conversations-
- 2-3 people at the mic. sharing what they got or if they have questions or struggles.

RESULTS: Participants understand the elements of trust and apply some elements to access their own stance in trust.