

# JOURNAL PROMPTS

## TRUST | No.JP101

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Journaling is easy. It's simply writing down your thoughts and feelings to understand them more clearly. And if you struggle with stress, depression, or anxiety, keeping a journal can be a great idea. It can help you gain control of your emotions and improve your mental health.

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- 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?
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**We just want to say WAY TO GO on completing this exercise and creating more possibilities and opportunities for yourself by advancing your skillset!**

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**Start these new habits  
TODAY and PRACTICE living  
effectively, happy and healthy!**

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