

BeingTrustworthy

Being Trustworthy Video Series: Worksheet

Module 1 Being Trustworthy – Overview

Use these worksheets after each module you view. They will help you review what you've learned, and give you practical suggestions for putting it to use.

Review

- In a trust relationship, there are two parties: one who does the *trusting*, and one who is *trusted*. Which one generally is taking the risk?
- Being trustworthy is a key part of a trust relationship. Can you name the four parts of the Trust Equation for trustworthiness?
- Which two components are considered “hard” and which two are “soft?”

Putting Trust To Work

1. Decide which trust component represents your biggest opportunity for improvement; choose an opportunity in the next week to work on it.
2. Decide which trust component represents your largest strength, to go along with your biggest opportunity. Ask a close friend what they consider your biggest strength and opportunity to be.
3. Identify someone in your life whom you consider to be very trustworthy. Which component do you feel is their greatest strength? Find something in their approach that you can borrow and try yourself.