

TRUST Exercise:



Read through each question below, on a scale of 1-5 (1 being low, 5 being high) give yourself a score.

TRUST MEANS the ability to believe in the reliability, truth and strength within yourself. How well do you TRUST yourself?

SCORE _____

TRUST SUPPORTS that you are CONFIDENT within your own being. How CONFIDENT are you internally?

SCORE _____

TRUST IMPACTS everything within who you are, how you communicate, make-decisions and what you do. How well do you trust the IMPACT that you have within your own communication & decisions?

SCORE _____

TRUST CREATES what is most MEANINGFUL to you in your life. How much are you focusing on creating MEANING in your life?

SCORE _____

What story are your scores telling you within your ability to **TRUST** your intentions and **TRUST** who you are? We encourage you to let your higher scores support you and give you **POSITIVE** energy as you continue building your leadership capacity. Your lower scores are a starting place to lean in and build your understanding of who you are.

May YOU continue to create TRUST within yourself and build TRUST with others.