

THE FOUR TRUST-BUILDING BEHAVIORS

Rate how easy or difficult you find the below behaviors.

Rate how easy or difficult you find the below trust building behaviors.	Very Easy	Quite Easy	Neither nor	A Bit Difficult	Very Difficult
Being sincere: You mean what you say, and you say what you mean. You do as you say—you “walk the talk. You are <i>accurate</i> with what you tell others (you say if it’s a fact or your opinion).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being reliable: People can depend on you to deliver what you promise. If you can’t do what you promised, you let people know at once. You keep appointments and are on time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being authentic: You are <i>you</i> —and not putting up a show to impress others or to live up to what you believe others (might) think. You are open with both your strengths <i>and</i> weaknesses. You are OK being vulnerable and admitting when you make mistakes or need help.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forgiving others: When others do things that impact you negatively, you can come to terms with what happened and let go of your negative feelings. You can take the initiative to fix issues you have had with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How can you best make use of those behaviors that come easy to you?

What can you do to improve on those behaviors you find most difficult?