

# The Anatomy of Trust

*Earning ~ Giving ~ Receiving*



Opening New Doors. Your Journey Awaits You.

Enjoy!

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*Earning ~ Giving ~ Receiving*

For the love of trust...

Trust takes time and consistency.

1. **Trust takes boundaries:** you have to do what you said you will do.

2. **Reliable:** You do what you say you're going to do over and over and over again. You can't gain and earn my trust if you've been reliable just once. That's not reliable.

~ Be clear on your limitations do we don't take on so much that we don't live up to our commitments.

3. **Accountability:** I can only trust you when you make a mistake you're willing to own it, apologize for it and make amends with it. I am required to do the same. No accountability no trust.

4. **Vault:** what I share with you I will hold in confidence. What I share with you, I will hold in confidence.

5. **Integrity:** I cannot trust you if you don't act in a place of integrity and don't encourage me to do the same. Integrity is choosing courage over

comfort. It's choosing right over what's fun, fast or easy. And practicing your values not just professing your values.

6. **Non judgement:** you can fall apart and struggle without being judged by me; and I can fall apart and struggle without being judged by you. We need to assign value to needing help from one another.

7. **Generosity:** Our relationship is only a trusting relationship if you can assume the most generous thing about words, intentions and behaviors. And check in with me. So if I screw up, check in with me. If I forget something you will make a generous assumption that I mean well and meant well and didn't mean to cause discomfort or pain.

**Self-Trust** is a part of self-love. If you can't trust yourself you'll find it difficult to trust others. Build up a reliable stands with yourself. Stop letting yourself down.

## 5 Quotes on Trust

1. *"I don't trust people who don't Love themselves but say I love you."* -  
**Maya Angelou**
2. *"Love myself I do. Not everything, but I love the good as well as the bad. I love my crazy lifestyle, and I love my hard discipline. I love my freedom of speech and the way my eyes get dark when I'm tired. I love that I have learned to trust people with my heart, even if it will get*

*broken. I am proud of everything that I am and will become.” -Johnny Weir*

3. *“I truly believe that everything that we do and everyone that we meet is put in our path for a purpose. There are no accidents; we're all teachers - if we're willing to pay attention to the lessons we learn, trust our positive instincts and not be afraid to take risks or wait for some miracle to come knocking at our door.” -Marla Gabbs*
4. *“Whoever is careless with the truth in small matters cannot be trusted with important matters.” -Albert Einstein*
5. *“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.” -Golda Meir*

You're worthy of receiving trust when you trust yourself. Your confidence won't lie.

Teaching by Beene Brown + Elsie Blass