

# Empowered **Trust** Reflection Tool

Choose a relationship you want to strengthen. Work through each question — then take one Baby Step forward.

## 01 Identify a relationship

## 02 What do you want to **create** together?

## 03 What's the trust bandwidth in this relationship?



*Circle the level that best fits*

## 04 What is your confidence level in each of the following areas?

Mark where you see yourself in the relationship and where you see the other person.

LOW

HIGH

### Character

True nature, values, and one's alignment with principles

### Capability

Skills, knowledge, and access to resources

### Commitment

Willingness and intent to keep one's word

Where do you want to focus?

## 05 What is ONE **Baby Step** you can take?

## 06 How and when will you do so?