


Monday: Emotional awareness – *trust*.

Why do I feel trust?	When do I feel trust?
 TRUST	
What does trust feel like?	How is trust helpful?

Use the emotion square to think about *trust*.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Trust is the foundation of a positive relationship. It's important to be able to trust others. It's also important for others to be able to trust you.

Use the box to the left to explore what trust means to you. Think about the why, when, what, and how of trust in your life.



Tuesday: In my life.

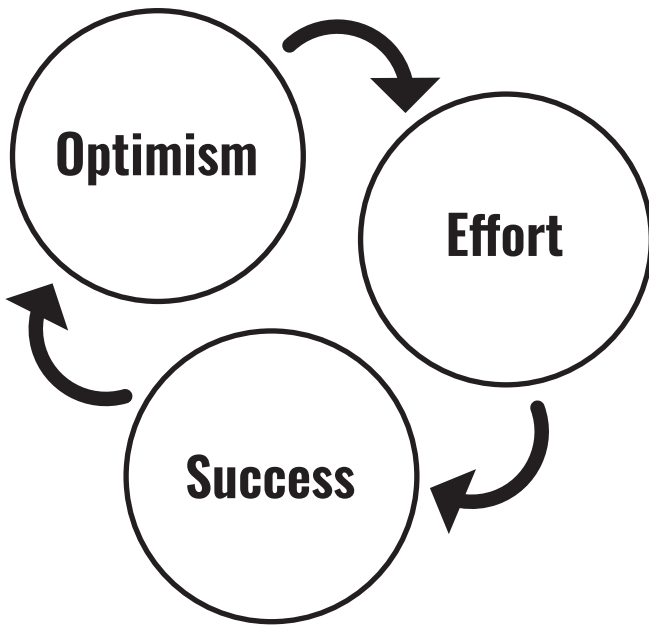
- Who is the most trustworthy person you know? What makes that person trustworthy?

Wednesday: Let's think about optimism.

- Optimism is trusting in a positive future. What are you optimistic about?



Thursday: The optimism -> effort -> success loop.



- > **Optimism fuels effort.**
- > **Effort fuels success.**
- > **Success fuels optimism.**

Optimism fuels our effort and helps drive our success.

That's the optimism, effort, success loop.

- What is one goal in your life that you've put maximum effort toward achieving?
- Write about why you dedicated so much of your energy and effort toward that one thing.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. Think of someone you trust and write a short note of gratitude that you could share with them via text or direct message. (You don't have to share this message after you write it — but if you do, you'll be glad you did.)

Saturday/Sunday: Weekly reflection.

- Think about the past week. How has trust influenced your behavior?

Monday: Making the connections to *trust*.

1 TRUST

People build (and destroy) *trust* through behaviors and words.

2 BEHAVIOR

Consistent behaviors help to build trust with the people around you.

3 CONFIDENCE

When people see consistent behaviors, they gain confidence and trust.

Trust is confidence that someone or something will behave in a way that is safe and beneficial.

Write about a person you have confidence in because of their consistent behaviors.

(Describe some of the behaviors that helped build your trust.)

Tuesday: In my life.

- Who is the most trustworthy person you know? What makes that person trustworthy?

Wednesday: I can trust myself.

- Sometimes in life, we have to have confidence in our own behavior. In a time of challenge, what specific positive behaviors do you know you will demonstrate?

Thursday: Purposeful practice: *trust*.



Look at the example statements in the circles above.
In the space below, create your own statements of trust that will help you purposefully practice trustworthy behaviors.

Gratitude Friday.

- Each Friday, you will use this space to express gratitude. What behaviors have you demonstrated this year that are helping you be successful? Amazing! Now, write a thank you note to *yourself* for being trustworthy and reliable.

Saturday/Sunday: Weekly reflection.

- Think about the past week. What have you learned about *trust*?

