

Trust Behaviors Self-Assessment

adapted from The Speed of Trust,
Stephen M.R. Covey

Select a relationship for which you want to increase trust.

Relationship:

For each behavior, circle the number that best describes you. 1 = you struggle to demonstrate this behavior, 3 = you sometimes demonstrate this behavior, 5 = you nearly always demonstrate this behavior
If you rated yourself a "5," give an example to support that rating.

Part 1: Character

Talk Straight	< 1 - 2 - 3 - 4 - 5 >	
Demonstrate Respect	< 1 - 2 - 3 - 4 - 5 >	
Create Transparency	< 1 - 2 - 3 - 4 - 5 >	
Right Wrongs	< 1 - 2 - 3 - 4 - 5 >	
Show Loyalty	< 1 - 2 - 3 - 4 - 5 >	

Part 2: Competence

Deliver Results	< 1 - 2 - 3 - 4 - 5 >	
Get Better	< 1 - 2 - 3 - 4 - 5 >	
Confront Reality	< 1 - 2 - 3 - 4 - 5 >	
Clarify Expectations	< 1 - 2 - 3 - 4 - 5 >	
Practice Accountability	< 1 - 2 - 3 - 4 - 5 >	

Part 3: Both

Listen First	< 1 - 2 - 3 - 4 - 5 >	
Keep Commitments	< 1 - 2 - 3 - 4 - 5 >	
Extend Trust	< 1 - 2 - 3 - 4 - 5 >	

Create a My Trust Action Plan.

My Trust Action Plan

adapted from The Speed of Trust,
Stephen M.R. Covey

Relationship:

Instructions:

Step 1	From the Trust Behaviors Self-Assessment, select 2 or 3 behaviors that you think will be most helpful in increasing trust in this relationship.
Step 2	For each behavior, list 1 or 2 actions you will take to move those behaviors into the sweet spot.
Step 3	Mark your progress in honoring your commitment to fulfill those actions.

Behavior to Improve	Actions I Commit to Take	Progress
	1. 2.	
	1. 2.	
	1. 2.	