



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 32 Action Guide: Trust

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How do people earn your trust?

Identify the specific behaviors. What are the moments of inaction, passing over or lack of attention from others that diminish trust?

What are the behaviors you extend toward others to build trust?



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Who do you trust?

Is there a relationship in your life that has experienced broken trust? Consider having a courageous conversation with this person for the sake of repairing what's been broken. What might that be like?