

# Personal Trust Inventory

- 1) **With whom have I established a high amount of trust? What do I most value about that relationship?**
  
- 2) **How do I know we have a high-trust relationship? How has that impacted my ability to be successful?**
  
- 3) **What actions and behaviors have I taken to establish and maintain that trust? How have those actions and behaviors demonstrated my capabilities, integrity, and intent?**
  
- 4) **With whom do I need to establish trust in order to increase my influence?**
  
- 5) **How can I more effectively demonstrate my capabilities?**
  
- 6) **How can I more effectively demonstrate my integrity?**
  
- 7) **How can I more effectively demonstrate my intent?**

