



TRUST - *reliance on the integrity, strength, or ability of a person or thing; confident expectation of something; hope in the future (belief, credence, reliable).*

In crisis, it is easy to feel suspicious and lose faith in yourself and others. Trust is about giving people the benefit of the doubt and remembering that you have what it takes to navigate uncertainty and hardships.

QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of trust.
- What does trust mean during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied trust?
- How can trust guide your decision-making?
- Who or what does this priority serve? How does it help?
- Imagine yourself in a situation where you are trusting and being trustworthy. What does that feel/sound/look like?

INDIVIDUAL CONSIDERATIONS

Trust is different than rescue fantasies or “lottery ticket” thinking. Crisis is hard and involves lots of change. Trust is a quality of courage that helps us find grace and see life’s possibilities even when things are at their most difficult.

LEADERSHIP CONSIDERATIONS

Suspicion and hopelessness lead leaders to make rash or narrow decisions. The old adage of “trust the process” is particularly true in crisis. Use process-oriented thinking, like management frameworks, decision trees, and timelines to help envision future outcomes. Focus on what is workable over what might be optimal.

EXPLORING TRUST

List things you trust about yourself.

Use “trust” as a mantra while you work out, do the dishes, or in the shower.

Imagine your future self. What would you say to yourself in the present?