

E5 Leader



TRUST

- Trust puts us into an area of no control; when we give up control, we're exercising trust.
- Trust can be on two different levels: conscious and unconscious.
- Consciously trusting is conditional- it involves a decision to trust or be trusted.
- When making a conscious decision to trust, know who and why you're doing it.
- If trusting somebody, let it go and just trust.
- If someone puts trust in you, make sure there is clarity about the situation.
- After discerning trust, you will be able to give it unconditionally and wholly.