

EACH DAY, I STRIVE TO BE TRUSTWORTHY

As I get myself ready for the day, I reflect on the values that matter to me the most. I want to be kind, accepting, and caring toward others. I work to show initiative and honesty.

To be trustworthy is to step forward and show a sense of duty and honest conduct. I feel obliged to do whatever I say I am going to do.

Taking responsibility for my words and actions helps me to be trustworthy.

I own up to errors as soon as I realize I make them. If I misunderstand a situation, I acknowledge it. I apologize when I recognize I am wrong. I take these corrective steps as soon as possible because I want others to see my trustworthiness.

I take great pride in my trustworthiness.

It pleases me to know that others believe me. I strive to be trustworthy because it is a personal characteristic that I find important.

Today, I take responsibility for my behaviors, comments, and obligations to others. I know I can show myself and the world that I have a strong character and can be trusted. When I put forth an effort to be trustworthy, my rewards in life are great.

REFLECTION QUESTIONS

1

What actions can I take today to demonstrate my trustworthiness?

2

How do I handle mistakes to maintain trust with others?

3

Why is being trustworthy important to me, and how does it impact my relationships?