

7-STEP PROCESS TO BE MORE TRUSTED

- ❖ **Action Step #1:** Identify one relationship
 - ↳ ❖ **Action Step #2:** Identify one bad thing you are doing
 - ↳ ❖ **Action Step #3:** Identify one good habit that will diffuse the bad one
 - ↳ ❖ **Action Step #4:** set a SMART goal
 - ↳ ❖ **Action Step #5:** Measure, set a baseline, and log for 90 days
 - ↳ ❖ **Action Step #6:** Appoint an accountability partner
 - ↳ ❖ **Action Step #7:** Develop a habit over the next 90 days