

3 minute thoughts

Episode 3 What's trust about, anyway?

THE IDEA

Spend a few minutes uncluttering your mind.
Make space to get your thinking

- Simple
- Clear

Trust is a code word for so many other feelings—
from anger to hurt to fear—and lots more.

If you want to de-code trust, listen first to
understand what trust means in this specific
situation. Gently explore the feelings and needs
under the code word.

THE QUESTION

When I use or hear the word trust, what's
underneath that word?

Identify a specific moment and situation when
you hear this and think about it in

- Personal life
- Work life