**BRAVING. Trust – Individual Inventory**

Take a few minutes to reflect on your journey to BRAVING Trust. How do you show up on each of these dimensions? How often do you exhibit the qualities below? Please circle the number that best reflects where you are right now.

Remember, this is not about judging yourself. The purpose of this exercise is to understand your current reality and to identify avenues for growth.

**Boundaries: I respect other people’s boundaries. When I’m not clear about what’s OK, I ask. I am clear about my own boundaries and am willing to say no.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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**Reliability: I do what I say I’ll do. At work this means staying aware of my competencies and limitations, so I don’t over promise and am able to deliver on commitments and balance competing priorities.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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**Accountability: I own my mistakes, apologize, and make amends.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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**Vault: I don’t share information or experiences that are not mine to share. I make sure that confidences are kept, and that I am not sharing with anyone information that should be confidential.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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**Integrity: I choose courage over comfort. I choose what is right over what is fun, fast, or easy. And I choose to practice my values rather than simply professing them.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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**Non-judgement: I ask others for what I need. Others can ask me for what they need and talk about how they feel to me without judgement.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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**Generosity: I extend the most generous interpretation possible to the intentions, words, and actions of others.**

**(Rarely) 1 2 3 4 5 6 7 8 9 10 (Always)**

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