

## **The Three Legs of Trust Worksheet #1**

The three key aspects of trust are having integrity, getting the job done, and having other people's best interests in mind. A person cannot have a high amount of trust without possessing all three. Usually we are strong at one or two while weak in a third. Rate yourself on a scale of one to ten on each of these. Add the total and divide by three to find where your average trust lies. A more detailed explanation of each of these aspects is in the end of Book 1 of Scott's Story, as well as worksheets to help you understand each of these.

**Do You Have Integrity?**

1 2 3 4 5 6 7 8 9 10

**Do You Get the Job Done?**

1 2 3 4 5 6 7 8 9 10

**Do You Have Other People's  
Best Interests In Mind?**

1 2 3 4 5 6 7 8 9 10

Total =     /30

Average (total/3)=    

If you have questions or want to email a story about your experience using this worksheet, send an email to: [scottthebook@gmail.com](mailto:scottthebook@gmail.com)

## **Who Do You Trust? Worksheet #2**

In Worksheet #2, you can diagram your friends and see if they have the three legs of trust. Just ask all the below questions about your friends.

**Does this person have integrity?**

**Does this person get the job done?**

**Does this person have other people's best interests in mind? Do they have yours?**

**What are their strengths, and what are their weaknesses in each area?**

Sometimes, making a guess based upon your gut feeling can be a valuable starting point for gaining awareness. From there you will have valuable information you can use in your decision making.

If your friends are in your study group, it will require strong emotional intelligence to do this openly. I recommend doing it anonymously for yourself first, if the trust environment is low or people are uncomfortable with that level of transparency. More benefit will come doing this openly with your most trusted friends if the level of trust and comfort are already high.

## **Who Do You Trust? Worksheet #2 (page 2)**

Name: \_\_\_\_\_

Integrity: \_\_\_\_\_

Job Done: \_\_\_\_\_

Best Interest: \_\_\_\_\_

Average: \_\_\_\_\_

Name: \_\_\_\_\_

Integrity: \_\_\_\_\_

Job Done: \_\_\_\_\_

Best Interest: \_\_\_\_\_

Average: \_\_\_\_\_

Name: \_\_\_\_\_

Integrity: \_\_\_\_\_

Job Done: \_\_\_\_\_

Best Interest: \_\_\_\_\_

Average: \_\_\_\_\_

Name: \_\_\_\_\_

Integrity: \_\_\_\_\_

Job Done: \_\_\_\_\_

Best Interest: \_\_\_\_\_

Average: \_\_\_\_\_

Name: \_\_\_\_\_

Integrity: \_\_\_\_\_

Job Done: \_\_\_\_\_

Best Interest: \_\_\_\_\_

Average: \_\_\_\_\_

Name: \_\_\_\_\_

Integrity: \_\_\_\_\_

Job Done: \_\_\_\_\_

Best Interest: \_\_\_\_\_

Average: \_\_\_\_\_

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## **Who Are Your Three, Twelve, & Seventy? Worksheet #3**

Your three, twelve and seventy are those you know around you. Your three are your closest friends, your twelve are your other friends, and the seventy in your life are your acquaintances.

Generally your seventy is where everyone in your life starts until you get to know them better. There are quite a few exceptions, though. You may meet someone you really like, then automatically put him or her in your three, based on quick judgments. You need to be careful with these people, because if you're not sure they have the three legs of trust, they may hurt you.

How did you score on the three legs of trust? How about your friends? Maybe you noticed that there were some similarities in your score and in theirs. Usually, we don't pick friends who score higher than we do; we're often equal with our peers.

Take a look back on Worksheet #2. Are the ones who scored lowest the ones who hurt you most? When you work on changing your ability to be trusted, you'll find friends who match you—the more trust, the more meaningful the relationship will be.

## **Who Are Your Three, Twelve, & Seventy? Worksheet #3 (page 2)**

### Your Three

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

### Your Twelve

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_

10. \_\_\_\_\_ 11. \_\_\_\_\_ 12. \_\_\_\_\_

Your Seventy = Everybody Else

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## **How Trust Works Worksheet #4 (page 1)**

Worksheet #4 allows you to analyze one friend from your three and one from your twelve. Compare the two. Is the friend with a higher score in your three? What about the one who scored lower. Is he or she in your twelve?

One of the largest changes you can make with this worksheet is to put someone who you trust in a place of higher responsibility, and lower your dependence on someone you don't trust by moving them to a place of lower responsibility. Assess each person according to how they score on the three legs of trust for better accuracy in your decision making. If you simply wish to see where the people in your life stand, that's fine too.

On the first page are the questions for any one person in your three. The next page is for the name of any one person in your twelve. You can make as many copies as you want for as many people who exist in your world.

## **How Trust Works Worksheet #4 (page 2)**

**Name of person in your three: \_\_\_\_\_**

What was your first impression of this person?

What is your impression after you got to know that person?

What is your impression of the person today?

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## **How Trust Works Worksheet #4 (page 3)**

**Name of person in your twelve: \_\_\_\_\_**

What was your first impression of this person?

What is your impression after you got to know that person?

What is your impression of the person today?

**What will you do with this information?**

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