The Anatomy of Trust – Brene Brown

BRAVING

B - Setting and keeping **Boundaries**

R - Being **Reliable**; doing what you say you will do

A - **Accountability**; knowing what is expected and keeping it

V - **Vault**: maintaining confidentiality

I - **Integrity**

N - **Non-Judgmental**

G - **Generosity**

Starts with self-trust and self-love

‘I don’t trust people who don’t love themselves but say ‘I love you.’ Maya Angelo

You can’t ask other people to give you what you can’t give yourself.

So start by trusting yourself.