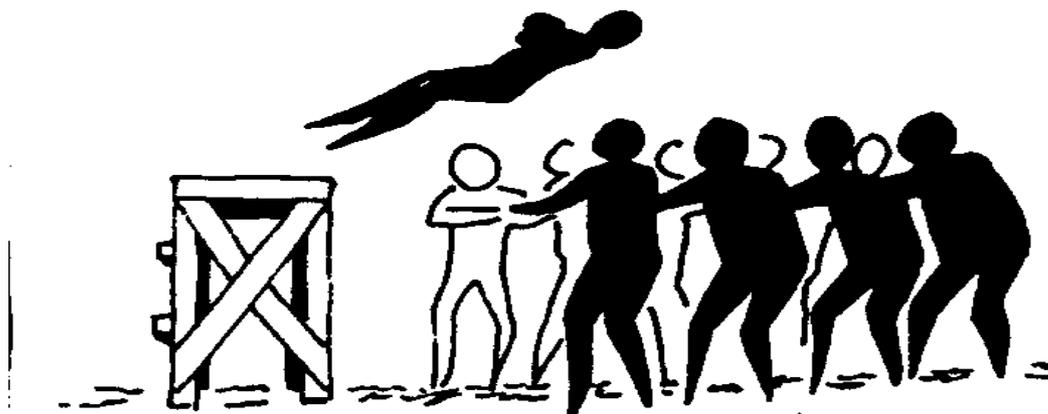


## Blackbelt 'Warrior' programme.



### Developing TRUST-

**Student name;**

**Training venue;**

Trust is something that is spoken about often and I think that everyone has their own idea of what 'TRUST' is.

To you it may mean that you trust someone if they are always friendly to you.

To me, it may mean that I believe that someone will always do what they say they will do.

To someone else, it may mean that they don't steal or tell lies.

It is important to respect what other people think 'trust' is, and it may cause arguments if you tell someone that what they think, is wrong.

I would like this assignment to help you develop trust for good reasons, to trust yourself and to accept that sometimes, other people don't do exactly as we would like them to.

Your tasks this grading cycle are;

#### **Month one**

Write down here, at least 3 things that help you to trust someone.

- 1.
- 2.
- 3.
- 4.

## Month two.

Ask 2 people close to you (maybe parents or grandparents) what helps them to decide to trust someone or not trust them.

When you have written the reason, just write a tick or a cross afterwards to say if you agree or disagree that this is a good reason.

1.

2.

3.

4.

## Month three.

I personally believe that some people can be 'trusted' to do (or not do) some things, but not other things.

For example, I may trust a person to not steal from me but I know they may say bad things about me behind my back.

Or I may trust someone to not tell me lies but not arrive on time when we meet up.

So there are different reasons for trusting or not trusting people. Please list 5 things that are important to you and 5 that are not so important.

To help you, I have put some of the things (below) that are important to me.

Important to me

1. Do what you say you will do.
2. Don't blame other people for your mistakes.
3. Don't take anything that doesn't belong to you

Less important to me

1. Sometimes being late
2. Forgetting to do something.
3. Trying hard but failing to do something you said you would do.

Important to you

1.

2.

3.

Less important to you

1.

2.

3.