



BUILD YOUR PERSONAL **ABT** TRUST FUND.

Take a good long look at yourself and see what you have done recently to earn your own trust. Complete the following sentences.

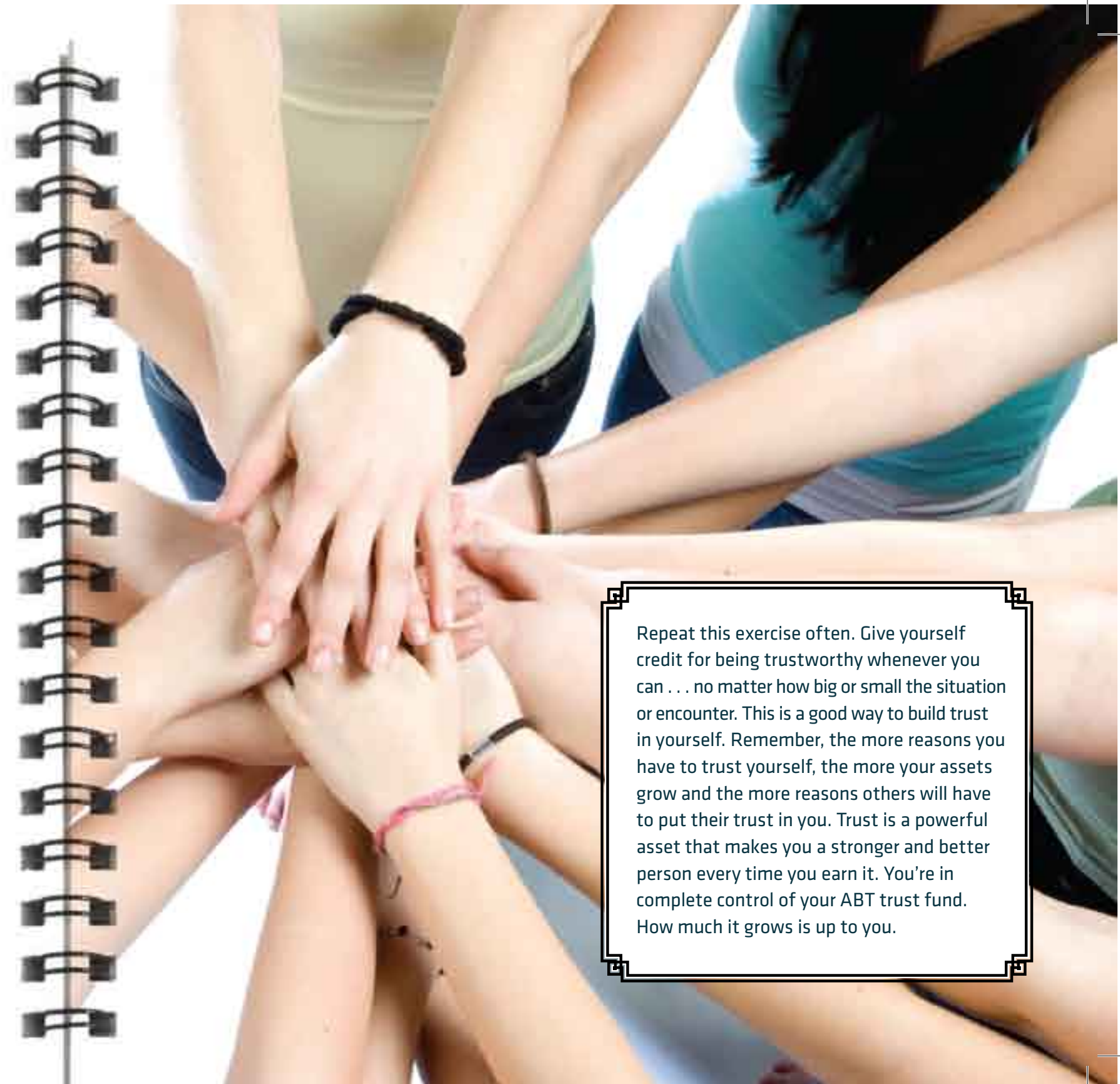
I know I can trust myself because I told the truth when:

I know I can trust myself because I kept my promise to:

I know I can trust myself because I followed through on:

I know I can trust myself because I kept a secret when:

I know I can trust myself because I stood up for what I believed was right when I:



Repeat this exercise often. Give yourself credit for being trustworthy whenever you can . . . no matter how big or small the situation or encounter. This is a good way to build trust in yourself. Remember, the more reasons you have to trust yourself, the more your assets grow and the more reasons others will have to put their trust in you. Trust is a powerful asset that makes you a stronger and better person every time you earn it. You're in complete control of your ABT trust fund. How much it grows is up to you.