

Marble Jar of Trust

Brene Brown



Show genuine interest ✓

Keep your promises ✓

Seek input or opinion ✓

Show appreciation ✓

Give your time ✓

Be present & vulnerable ✓

Have their back ✓

Listen with empathy ✓

Take people for granted ✗

Unreasonable expectations ✗

Dominate conversations ✗

Take rather than give ✗

Cancel or reschedule plans ✗

Break confidentiality ✗

Deposits

Withdrawals

