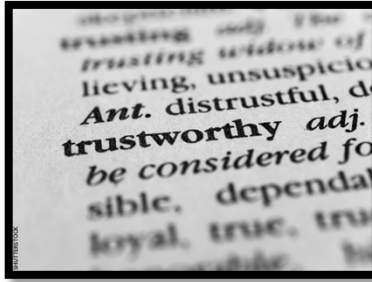


9 Traits of Trustworthy People



By Cynthia Bazin

Trust is valuable. It affects everything. Being trusted by others is one of the things you must have to go far in life and to achieve your greatest success.

Before starting my own company, I worked in the security and investigations industry for 20 years, and I learned that trust isn't a quick thing you can gain. It is something *earned* over a period of time, after consistently being honest, always acting with integrity, never lying or misleading. It is how you act. It is *who* you are.

If you want to be a person other people trust, take a look at your actions, the decisions you make on a daily basis.

Here are 9 traits of trustworthy people. Do you have them? Can people trust you?

1. They are authentic.

People want to be around others that are *real*, meaning they are authentic and have high character. Authentic people are not trying to be above anyone else. They are likeable, humble and easy to talk to.

2. They are consistent.

Everyone has a bad day. But people want to see consistent, positive behavior in the people they trust. Affirmative actions and smart decisions make a difference in the eyes of others.

3. They have integrity.

People want other people around them that stand up for what is right in life, even when no one is watching.

4. They are compassionate.

Trustworthy people put themselves in other people's shoes. They are always thinking of others, feeling for others—it's not all about them.

5. They are kind.

People build up trust when they look out for others, when they are there for them when they need someone most, not just when everything is going OK.

6. They are resourceful.

Trusted people are always learning and growing. They are constant students. They always know there is room to get better, and because of that, they know ways to help inspire and support others—and they give and share those resources.

7. They are connectors.

They look for ways to align like-minded people, and they connect people who have the knowledge or experience to help them get what they want.

8. They are humble.

Trustworthy people want to get others out there first, before themselves. They realize that the efforts of the team really make things happen, versus what they can individually accomplish.

9. They are available.

They are *there* for people, available to others to support them always. They go out of their way to make time for others.

Family Connection

- Tech Support
 - Send a snapchat to your child about being trustworthy
 - The next time your child does something trustworthy, post it on social media or text them kudos and a heartfelt message
- Pillar Time
 - Volunteer as a family at the Animal Rescue League or another local area to show trustworthy character
 - Play Blind retriever- blindfold one person and guide them with words to pick up an object across the yard or room.
- Dinner Discussion
 - Who is a person in your life that you trust?
 - What about their character makes you trust them?
 - What is challenging about being trustworthy?
 - How can you work as a family to become more trustworthy?

References

Bazin, C. (2015) 9 Traits of Trustworthy People. Success.com. Retrieved from: <https://www.wikihow.com/Become-a-Trustworthy-Person>