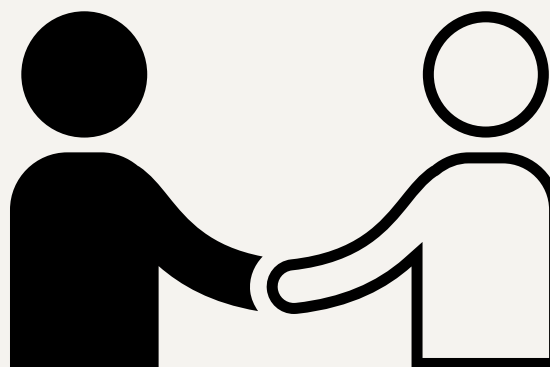


Trust

Opening up and asking for help is not a sign of weakness but a sign of strength and maturity.

Who in your life do you trust?

What makes them trustworthy?



Trust is built in *small* moments
Start with *one*

How can you be trustworthy?

**What are two things you could ask
someone for help with?**

