

## **Quantum Trusting**

1. In what area of your life would you like to be more trusting (e.g., relationships, finances, work)?
2. Catastrophize – what is the worst thing that could happen if you released control in that arena of your life?
3. On the other hand, how might you grow? What could be some of the benefits of a more trust-based life?
4. Do the potential benefits outweigh the risks? If so, what behavior are you going to change? When will you begin?

*From: Charlotte Shelton, Quantum Leaps: 7 skills for workplace creation Woburn, MA: Butterworth-Heinemann, 1999.*