

*“Without trust, there can be
no peace of mind.”*

—IYANLA

*A Do Your Work
Workbook™*

THE
TRUST
WORKBOOK

Trust in Self | Trust in God | Trust in Others | Trust in Life

- Questions
- Assessments
- Exercises
- Reflections



to help you make conscious choices
and create new experiences

IYANLA
Vanzant

The #1 *New York Times* best-selling author

trust

[truhst]

1. Firm belief in the reliability, truth, ability, or strength of someone or something
2. Confident expectation of something
3. Hope
4. Confidence in the certainty of future
5. Belief in and, reliance on our connection to the Divine

Make no mistake about it—we are having a crisis of trust in this country. Most people don't know who to trust, what to trust, when to trust, or how to trust. Faith in self and others is on a steep decline, while suspicion and fear continue to rise. And yet, the truth remains, no matter who you are, what you do, or where you go, there comes a moment when you simply must trust—something or someone.

Trust: Mastering the Four Basic Trusts—Trust in Self | Trust in God | Trust in Others | Trust in Life, is my offering to the world as a demonstration of trust. I am trusting that the book will give the reader the insight needed to rebuild, repair, and restore trust in the four basics I have outlined. I trust the people that are willing and ready to do the work required to gain a deeper understanding of themselves, the Creator, and how the principle of trust can and does operate in their lives. I am trusting that the stories shared and the examples offered in the book, will open minds, hearts and souls to the peace, joy and power that results when one has the courage to trust the process of life and living.

Trust may be the most important factor in developing self-worth and self-reliance. It is certainly a critical element in the establishment of loving and healthy relationships. In order to realize a worthwhile intention, dream or goal, you must trust that you can, will, and deserve to have what you desire. More importantly, trust is the reason why we continue to get out of bed each day, in an attempt to do and achieve something better than we had the day before. Yet, for some reason, many people will say and believe that they cannot or do not trust, when the trust is—we do trust, even when we are not aware we are doing it.

This workbook offers to support you in becoming conscious of your ability to, challenges with, and issues related to trust. Whether you need more trust in yourself; your understanding of God; knowing when, how and who to trust; or, knowing and trusting that where you are in life is really okay, I trust you will find something in this process that supports you. If you desire to build or deepen your willing to trust, your task is simple—*do the work!* In the process, pay attention to

your thoughts and feelings. Make note of any new awarenesses that come forward. Trust that you will get exactly what you need, and . . . you will.

Know that I am with you throughout the process and Be Blessed!

A handwritten signature in orange ink that reads "Lyana". The signature is written in a cursive, flowing style with a long horizontal tail stroke extending to the right.

TRUST SELF

This section of the workbook is designed to support you in developing a profound sense and experience of self-trust. As you learn to trust yourself, and that you are trustworthy, it becomes easier to know what to trust, who to trust and when to trust.

One of the most important steps in being able to trust yourself is to do what you say you will do; in other words, keeping your agreements. Even when it comes to small things or, the promises you make to yourself that no one else knows about, canceling or failing to follow through will create cracks and fractures in your awareness and experience of your trustworthiness. You must resist the temptation to believe that the occasional failure to follow through is not a big deal. Little things really do matter. Your repeated failures to honor agreements and commitments, even to yourself can add up. Over time, you will begin to realize that you cannot trust your word and people may start to treat you as untrustworthy.

Respond to each of the inquiries offered with your first, most honest thought. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. The work here is intended to bring you into a deeper understanding of the challenges and issues you face when it comes to trusting yourself.

Rating Scale

5 - Very True | 4 - Usually True | 3 - Sometimes True | 2 - Almost Never True | 1 - Never true

- _____ 1. I trust myself to make good choices about the things that really matter to me.
- _____ 2. I believe I am living my purpose in life.
- _____ 3. I realize and understand my own self-value and self-worth.
- _____ 4. I trust myself to make good choices related to my health and well-being.
- _____ 5. I trust myself to make good financial decisions.
- _____ 6. I trust myself when making decisions in my intimate, loving relationships.
- _____ 7. When I make a promise to myself, I keep that promise.
- _____ 8. When I am questioned by others, I doubt my first choice.

- _____ 9. I will be vague or dishonest when I think I will hurt someone's feeling.
- _____ 10. I will be dishonest or silent if I think someone will be angry with me.
- _____ 11. I will say yes, when I want to say no, just to keep the peace.
- _____ 12. If I forget a promise or commitment to someone, I will lie to cover myself.
- _____ 13. When I make a mistake, I will make an excuse or lie to cover myself.
- _____ 14. When people hurt my feelings, I let them know.
- _____ 15. When I feel like someone is being dishonest, I let them know.
- _____ 16. I have a deep need to be liked.
- _____ 17. I have a need to be needed and will make myself needed when and where I can.
- _____ 18. There are some people whose opinion I value more than my own.
- _____ 19. I have made mistakes that I have not been able to forgive myself for.
- _____ 20. I have done things that I have not been able to admit or face.
- _____ 21. I usually doubt my first thought or gut reaction.

Review your responses and make sure you are being radically honest with yourself.

Self-Trust Challenges

Respond to each of the inquiries offered with your first, most honest thought. You are encouraged to make your responses with 25 words or less. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. Give yourself permission to know the truth, and the truth will bubble up to the surface.

1. The thing I trust most about myself is:
2. The thing I distrust most about myself is:
3. I have a difficult time trusting myself when it comes to:
4. The reason I find it difficult to trust myself is:
5. It is difficult for me to be honest when:
6. The secret/thing I have never told anyone is:
7. The unresolved/unspoken hurt that I still carry is:

8. What I learned about trust as a child is:

9. I will sacrifice myself and my needs for others (other than your children) because/when:

10. When I have a new or big idea, it is/is not hard for me to act on it because:

11. There are things about myself that I do not like but cannot change because:

12. I feel uncomfortable asking for what I want when/because:

13. The mistake I made that I have not yet forgiven myself for is:

Review your responses and make sure you are being radically honest with yourself.

Self-Trust Assessment

Beloved,

Each of your responses to the previous inquiries tells you something about the challenges/issues you may have when it comes to trusting yourself. I encourage you to read your responses to get in touch with any additional thoughts and feelings that may come forward in your mind and heart. In this area, there is no quick fix. The work required is for you to recognize the awareness you now have, and do the work required to get into a better relationship with yourself.

I encourage you to read or, re-read **Trust Self** in the book, *Trust: Mastering The Four Basic Trusts*; and to listen to the Self-Trust meditation once a day for twenty-one consecutive days. Trust comes with experience. In order to experience yourself in a new way; you will need to make some new and different choices. To get yourself started, take a few moments to write out 3 things that you are now willing and ready to do that will improve and expand your experience of yourself.

New Choices—New Experience

1. I am now willing and ready to:

2. I am now willing and ready to:

3. I am now willing and ready to:

Work on one of these commitments a day, for seven (7) consecutive days, keeping track of how you are doing. When you feel confident in doing one, move on to the next. These are commitments you are making with yourself. Your faith and trust in yourself will grow when you honor your commitments.

Keys to Self Trust

1. Being aware of your thoughts and feelings and express them.
2. Know when you need to care for yourself, and do it.
3. Honor and live by following your personal standards and moral code.
4. Believe that you can survive your mistakes.
5. Use your talents and gifts to experience joy and serve others.
6. If you fail or fall, get up and try again.
7. Go for what you feel is right for you without asking, stopping, or limiting others.
8. Realize and believe that no matter what happens, you will be okay.

“As soon as you trust yourself, you will know how to live.”

Johann Wolfgang von Goethe

TRUST GOD

This section of the workbook is designed to support you in developing a deeper awareness and understanding of the Divine, God, the Creator and Sustainer of your life. What you believe, have been taught or experienced determines your ability to trust that there is something greater than you are, that knows, loves, and cares for you. And, please know that it is not necessary or required that you give that something a name.

The first step in developing trust in the Divine is developing a relationship with your understanding of what that is, for you. This requires a consistent, perhaps daily spiritual practice. In the same way that you would deal with another human being, your relationship with the Divine grows as you spend time learning about, understanding, and appreciating what this Presence is in your life. The experience of this Presence is not something you can learn, or receive from anyone else. It is something you must desire and ultimately trust for yourself, within yourself.

Respond to each of the inquiries offered with your first, most honest thought. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. The work here is intended to bring you into a deeper understanding of the challenges and issues you face when it comes to trusting God.

Rating Scale

- | | | | | | | | | | |
|-------|---------------|-------|------------------|-------|--------------------|-------|-----------------------|-------|----------------|
| _____ | 5 - Very True | _____ | 4 - Usually True | _____ | 3 - Sometimes True | _____ | 2 - Almost Never True | _____ | 1 - Never true |
|-------|---------------|-------|------------------|-------|--------------------|-------|-----------------------|-------|----------------|
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|-------|----|--|
| _____ | 1. | I have a good understanding about whom/what God is, based on my experience. |
| _____ | 2. | My understanding of God is the one I received as a child. |
| _____ | 3. | I recognize God's presence in my life, no matter what is going on. |
| _____ | 4. | I have a hard time believing in God when I am angry, hurt, or upset. |
| _____ | 5. | There are things in my life that I blame God for allowing. |
| _____ | 6. | Things have happened to me that have destroyed my faith/confidence/trust in God. |
| _____ | 7. | I am not really sure what I believe about God. |
| _____ | 8. | I have a healthy and consistent prayer life. |

- _____ 9. When I look at my life, I see very little evidence that God really exists.
- _____ 10. I am embarrassed to say it, but I think God has favorites, and I am not one of them.
- _____ 11. Religion and religious people have turned me off from God.
- _____ 12. I am afraid of God.
- _____ 13. I believe God punishes people when they don't follow a prescribed way of being.
- _____ 14. I don't think/feel/believe that God cares about me. I want to but, I don't.
- _____ 15. I often think, where is God when I need Him/Her/It.
- _____ 16. I often think, if there is a God, why do so many bad things happen?
- _____ 17. I don't believe God can or will give me what I really want for myself.
- _____ 18. I can feel God's presence in my body, mind, and life.
- _____ 19. I don't believe in God, nor do I think it is necessary in order to live a good life.
- _____ 20. My physical life often trumps my spiritual life.
- _____ 21. I usually turn to God when I really need or want something.

Review your responses and make sure you are being radically honest with yourself.

Challenges to Trusting God

Respond to each of the inquiries offered with your first, most honest thought. You are encouraged to make your responses with 25 words or less. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. Give yourself permission to know the truth, and the truth will bubble up to the surface.

1. What I believe about God is:
2. What I learned about God as a child is:
3. My faith in God to a major blow when:
4. What I would like to know from God is:
5. My greatest challenge to trusting God is:
6. My faith in God to a major blow when:
7. What I would like to know from God is:

8. My greatest challenge to trusting God is:

9. My faith in God to a major blow when:

10. What I would like to know from God is:

11. My greatest challenge to trusting God is:

12. My faith in God to a major blow when:

13. It is hard for me to trust God if/when:

Review your responses and make sure you are being radically honest with yourself.

Trusting God Assessment

Beloved,

Each of your responses to the previous inquiries tells you something about the challenges/issues you may have when it comes to trusting God. I encourage you to read your responses to get in touch with any additional thoughts and feelings that may come forward in your mind and heart. Trusting God grows from your relationship with God. The work required is for you to develop or deepen your relationship with the God of your understanding. The key to this relationship is your Daily Spiritual Practice.

I encourage you to read or, re-read **Trust God** in the book, *Trust: Mastering The Four Basic Trusts*; and to listen to the **Trust God** meditation once a day, for seven (7) consecutive days. Trust comes with experience. In order to experience God in a new way, with a new understanding, you must be willing to engage in a daily practice of spending time with God. To get yourself started, take a few moments to write out three things that you are now willing and ready to do in order to develop or enhance your spiritual practice.

New Choices—New Experience

1. I am now willing and ready to:

2. I am now willing and ready to:

3. I am now willing and ready to:

Work on one of these commitments a day, for seven (7) consecutive days, keeping track of how you are doing. When you feel confident in doing one, move on to the next. These are commitments to yourself. Your faith and trust in God will grow as you deepen your awareness, connection and relationship with the God of your understanding.

Keys to Trusting God

1. Know and understand the nature of God.
2. Develop your connection to and awareness of God within yourself, and in your life.
3. Replace all negative thoughts about God with positive ones.
4. Practice the art of surrender.
5. Pray for a closer and deeper connection to God, and for guidance.
6. Familiarize yourself with and study sacred or inspired spiritual text. (The Bible is not the only one)
7. Pay attention to, and honor your intuition.

*The only way to develop trust in God is to
learn who or what God is.
As we know God, we spontaneously learn to trust God.
Lorraine Day, M.D.*

TRUST OTHERS

This section of the workbook is designed to support you in developing or re-developing your willingness and ability to trust others. Self-trust is a primary element of trusting others because you cannot give to others what you do not have for yourself. As you learn to trust yourself, and that you are trustworthy, it becomes easier to know how to trust everyone else.

One of the most important steps in being able to trust others is your willingness to forgive. This in no way suggests that you must like what they do or have done. Nor does it mean that you must be or stay in a relationship with people who do not treat you well. In fact, remaining loyal to people who treat you poorly, or have demonstrated themselves to be untrustworthy, is what makes trusting others so difficult. Forgiving means that you hold no ill or resentment in your heart toward anyone because, if you do it to one, you will do it to all.

Respond to each of the inquiries offered with your first, most honest thought. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. The work here is intended to bring you into a deeper understanding of the challenges and issues you face when it comes to trusting others.

Rating Scale

- | 5 - Very True | 4 - Usually True | 3 - Sometimes True | 2 - Almost Never True | 1 - Never true |
|---------------|------------------|--------------------|-----------------------|----------------|
| _____ | | | | |
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- _____ 10. I'm not sure I understand exactly what trust is anymore.
- _____ 11. I don't trust people until I test them.
- _____ 12. I watch how people behave to determine if they are trustworthy.
- _____ 13. I listen to what people say to determine if they are trustworthy.
- _____ 14. My mother's/father's behavior taught me that you cannot trust anyone.
- _____ 15. I have let people lie to me in order to avoid confrontation.
- _____ 16. I trust what my gut feelings are about other people, no matter what they say.
- _____ 17. I trust what people say, no matter what my gut feelings are.
- _____ 18. I have a habit of jumping to negative conclusions about people, and then I feel bad.
- _____ 19. I believe what the people I trust tell me about other people.
- _____ 20. Most people are out to get what they can from you, and should not be trusted
- _____ 21. Not sure why or what I look for, but it takes me a long time to trust anyone.

Review your responses and make sure you are being radically honest with yourself.

Trust Others

Respond to each of the inquiries offered with your first, most honest thought. You are encouraged to make your responses with 25 words or less. Remember, this is sacred work you are doing with yourself and for yourself. There are no right or wrong responses. Give yourself permission to know the truth, and the truth will bubble up to the surface.

1. It is difficult for me to trust others when/if:
2. It is easy for me to trust others when/if:
3. It is/is not easy for me to trust men because:
4. It is/is not easy for me to trust women because:
5. I will give people a second chance after they betray me because:
6. Once you betray my trust, I am most likely to:
7. I realize I don't have good or solid boundaries because:

8. The thing that broke my heart and destroyed my trust is:

9. The person I cannot/will not forgive is:

10. The thing I cannot/ have not forgiven myself for is:

11. If I am the measuring rod, I can trust others because:

12. If I am the measuring rod, I cannot trust others because:

13. If I trust someone and they betray my trust I feel:

Review your responses and make sure you are being radically honest with yourself.

Trusting Others' Assessment

Beloved,

Each of your responses to the previous inquiries tells you something about the challenges/issues you may have when it comes to trusting others. I encourage you to read your responses to get in touch with any additional thoughts and feeling that may come forward in your mind and heart. Trusting others grows from the depths of self-trust, and your trust in God. The work required is for you to deepen your self-trust, and learn to hear and trust/follow your intuition. In addition, you must find those unforgiving places in your mind and heart, and clear them out.

I encourage you to read or, re-read **Trust Others** in the book, *Trust: Mastering The Four Basic Trusts*; and to listen to the Trusting Others meditation once a day, for fourteen (14) consecutive days. Trust comes with experience. As your self-trust deepens and your trust in God grows, you will know who and when to trust. And, if you discover that your trust has been misplaced or violated, prayerfully look for the lesson and apply it to the next situation you encounter where trust is required.

New Choices—New Experience

1. I am now willing and ready to forgive _____; for _____

And, I forgive myself for *believing*: _____

2. I am now willing and ready to forgive myself for: _____

And, I forgive myself for *thinking*: _____

3. I am now willing and ready to forgive God for: _____

And, I forgive myself for *feeling*: _____

You may write these statements as many times as you need to in order to clear your mind and heart. Work with one of these commitments a day, for seven (7) consecutive days, keeping track of how you are doing. When you feel confident it is clear or you have a new understanding of yourself and experiences, move on to the next. This is a commitment to YOU. Your faith and trust in your ability to trust yourself, your intuition, and your judgment will grow and deepen making it easy to trust others.

Keys to Trusting Others.

1. Trust yourself.
2. Trust God.

*You can never and will never trust anyone else, until you
love yourself enough to trust yourself.*

Iyanla Vanzant

TRUST LIFE

This section of the workbook is designed to support you in developing or re-developing your willingness and ability to live and the process of living. Life is a continuum of experiences and lessons that we can apply to the next set of experiences and lessons. As you learn to trust yourself, God and others, you will find a deeper meaning and greater value in the process of life.

In order to truly understand, embrace and benefit from the experiences of life, you want to understand the flow of life. Everything that comes into your life has a reason and a season. Once the reason is fulfilled or a season ends, you move on to the next stage. Very often we get stuck in life because we believe that what has happened will continue to happen. Or, because something has not happened, it will not happen. Life is continually in motion. Everything comes to pass, not to stay.

Respond to each of the inquiries offered with your first, most honest thought. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. The work here is intended to bring you into a deeper understanding of the challenges and issues you face when it comes to trusting others.

Rating Scale

- | 5 - Very True | 4 - Usually True | 3- Sometimes True | 2 - Almost Never True | 1 - Never true |
|---------------|------------------|---|-----------------------|----------------|
| _____ | 1. | I am prone to do what is expected of me rather than what feels right to me. | | |
| _____ | 2. | I feel positive and enthusiastic about my life, and the people in my life. | | |
| _____ | 3. | My life sucks, has always sucked, and I have no clue what to do about it. | | |
| _____ | 4. | I don't believe I will ever find true happiness, and I am tired of trying. | | |
| _____ | 5. | I rarely get positive feedback on my value, worth or positive achievements. | | |
| _____ | 6. | I always get positive feedback on my value, worth or positive achievements. | | |
| _____ | 7. | I am usually eager and excited to try new things and meet new people. | | |
| _____ | 8. | When I set a goal, I follow it through to completion, even if/when it is difficult. | | |

- _____ 9. I don't really have a strong vision for my life.
- _____ 10. I have given up on my dreams more times than I can count.
- _____ 11. I am more comfortable working in a group than I am working alone.
- _____ 12. When I am faced with difficult people, it is hard for me to stand up for myself.
- _____ 13. When I am faced with difficult situations, I feel hopeless, negative and afraid.
- _____ 14. My mother/father set an excellent example for how to get something done.
- _____ 15. My mother/father gave me no examples of how to get something done.
- _____ 16. I am not afraid to fail, and I will take risks.
- _____ 17. Money is the only thing stopping me from going for the thing/life I really want.
- _____ 18. I do know enough or have enough to do anything different in my life.
- _____ 19. I would rather be safe and comfortable than risk or face the unknown.
- _____ 20. Fear has kept me from doing many things I really want to do.
- _____ 21. It is easy for me to ask for and receive help from others.
- _____ 22. A lack of support and encouragement has kept me from doing many things that I want to do.

Review your responses and make sure you are being radically honest with yourself.

Trust Life

Respond to each of the inquiries offered with your first, most honest thought. You are encouraged to make your responses with 25 words or less. Remember, this is a sacred work you are doing with yourself and for yourself. There are no right or wrong responses. Give yourself permission to know the truth, and the truth will bubble up to the surface.

1. My greatest challenge to moving forward in life is:
2. I believe my life would be better if:
3. I love my life and I am ready to:
4. The one thing I believe that would make my life all that I want it to be is:
5. I often think I will never truly be happy because:
6. I rarely acknowledge my own accomplishments because:
7. When I think I am being criticized, it makes me feel:

8. I am uncomfortable expressing my opinion and feelings in my personal relationships because:

9. The last time I tried something and failed, I learned:

10. My greatest flaw is:

11. When I meet successful people, what I want to ask them is:

12. The worst mistake I ever made was:

13. How I feel about myself and my life often depends on:

Review your responses and make sure you are being radically honest with yourself.

Trusting Life Assessment

Beloved,

Each of your responses to the previous inquiries tells you something about the challenges/issues you may have when it comes to trusting life and the process of living. I encourage you to read your responses to get in touch with any additional thoughts and feeling that may come forward in your mind and heart. In order to trust life, you must have a clear understanding of who you are as an individual, what you desire for yourself and you must be willing to go for what you want.

I encourage you to read or, re-read **Trust Life** in the book, *Trust: Mastering The Four Basic Trusts*; and to listen to the Trusting Life meditation once a day, for seven (7) consecutive days. The ability to trust comes grows as a result of experience and gratitude. When you know and trust yourself, when you are grateful for everything you have experienced, and how you brought yourself through, your willingness and capacity to trust the process of life will blossom.

New Choices—New Experience

1. **I Am Exercise:**

For twenty-one (21) consecutive days, commit to writing forty different statements of “I Am” describing yourself as a noun.

Example: *I Am peace. I Am Joy. I Am love.*

As you claim who you are, your perspective of life will shift and become more productive.

2. **Life Is Exercise:**

For twenty-one (21) consecutive days, commit to writing forty different statements, in the present tense, describing how you desire your life to be.

Example: *Life is joy filled. Life is abundant. Life is easy*

As you describe life in positive terms, you will attract positive experiences.

3. **I Am Grateful Exercise:**

Work with each of these exercises, one at a time, for the prescribed amount of time, keeping track of how you are doing. This is a commitment to yourself. This is the sacred work required to bring your mind, heart, and life into alignment with the flow of ever-present and abundant good that you desire.

Keys to Trusting Life

1. Know yourself.
2. Commitment to self-improvement on a continuous basis.
3. Be clear about what you desire, and believe you deserve it
4. De-program yourself from childhood stories, memories, and false teaching.
5. Pay attention to your lessons, and do not repeat the same class more than once.

*“None of us knows what might happen even the next minute,
yet still we go forward.
Because our life forces us to.”*

— Paulo Coelho