



The Virtue of Trust

Trust is having faith in someone of something. It is a positive attitude about life. You are confident that the right thing will happen without trying to control it or make it happen. Even when difficult things happen, trust helps us to find the gift or lesson in it.

You are practicing Trust when you:

Believe there is some good in everything that happens

Look for the lessons in painful experiences

Let trust take away your worries

Know that your best is good enough

Trust others unless you have good reasons not to

Don't nag, worry, or try to take control

Affirmation

I am trusting. I have no need to control others.

I release fear and worry. I feel at peace and know I am not alone.

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