

Week 29

Trust Your Team



7/20/26

Why it Matters: Trust empowers people to take ownership, grow in confidence, and perform at their highest level. When leaders intentionally build trust while providing clear expectations and accountability, teams become stronger, more engaged, and more resilient.

This Week's 1% Better Practice:

Identify one task or responsibility you've been holding onto unnecessarily and intentionally delegate it to someone on your team. Give them clear expectations, then trust them to own the outcome.

Applying It:

Reflect. Think of one person on your team that you find difficult to trust. Why?

Dig Deeper: Could the issue be related to (check all that apply):

- | | |
|--|--|
| ☐ Unclear expectations | ☐ Lack of coaching |
| ☐ Limited training | ☐ Inconsistent accountability |
| ☐ Repeated behavior despite support | ☐ Other: _____ |

Build Trust. What is one action you can take this week to strengthen trust with that person?

Trust Yourself. What responsibility can you let go of and allow someone else to own?

Commit. What is one thing you will do this week to build trust on your team?

