

MY TRUST SHIELD

The diagram is a shield-shaped template for personal reflection, divided into several sections. At the top is a pointed section labeled "Background". Below this are two side sections: "Values" on the left and "Life Priorities" on the right. In the center is a large white oval labeled "Mission". Below the oval is a horizontal band labeled "Strengths". This is followed by another horizontal band labeled "Improvements". Below that is a horizontal band labeled "Life Goals". The bottom section is a horizontal band labeled "Legacy".

Trust Shield

Each area should reveal:

1. *Background:* The handful of the most impactful, memorable, emotional, or shaping events of your life.
2. *Values:* These are the guiding principles by which you make decisions.
3. *Life Priorities:* These are the aspects of life that are the most important to you.
4. *Mission:* From the mission statement activity earlier in the Character pillar. This is the purpose statement that drives your life.
5. *Strengths:* The characteristics, abilities, talents, and other unique qualities that you have. Don't be shy—make sure to include the things you do well.
6. *Improvement Areas:* The things you would like to improve. Have courage to admit weaknesses to maximize your ability to grow.
7. *Life Goals:* Some of the key things you want to accomplish in the short and long term.
8. *Legacy:* What one thing would you want said about you if you left the scene today. How would you want to be remembered?