



SAVE the...Humans!

Holistic Learning Centers, Inc.

Advanced Training for Holistic Practitioners and Beings Seeking Empowerment

INNER REFLECTIONS

A MONTHLY MESSAGE FROM HU DALCONZO, FOUNDER OF HLC

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My Dear Soul Friends:

Whether you are building an organization, friendships or a family, the quality of the love, emotional intimacy, emotional support and overall "feel-good feelings" will expand in direct proportion to the degree that each member TRUSTS one another.

I will focus my March, April, May and June's *Inner Reflection* messages on...

Why Trust Accelerates Positive Change!

THIS IS A FREE MONTHLY INNER REFLECTIONS MESSAGE

sent to you from Hu Dalconzo, founder of HLC

Feel free to share it with your family, friends and loved ones.

You can receive Hu's message automatically by signing up for HLC's FREE Spiritual Life Coaching Newsletter and Mastery Quote of the Week at www.HolisticLearningCenter.com (use the form on the left column of the home page).

OR

Reply to this email and on the *subject line* write or paste:
"PLEASE ADD ME TO YOUR EMAIL LIST"

As a life coach who has worked with thousands of souls, I've learned that trust and especially *self-trust* is a core self-help issue that we all need to educate ourselves about...in much the same way that we learned about how to protect our boundaries and validate our feelings.

**TRUST means... confidence, belief, faith, positive expectation.
The opposite of trust is DISTRUST, which means to
not feel confident about the other person's character or competence.**

Stephen R. Covey invested 20 years of his life compiling the information found in his book *The Speed of Trust*. He breaks down trust into small little pieces so that anyone who is willing to S-PIE¹ them, using HLC's self-help exercises, can not only build and increase trust, but can even correct distrust and mistrust. Much of the information you will read about trust over the next few months I learned from Stephen.

¹ S-PIE: HLC's Training Mantra Acronym: Study. Practice, Internalize and Emotionalize.

Stephen R. Covey has proven that you can build and increase trust in your Self and or with others much faster than most people realize. Mastering how to build trust will have a fast, positive impact on the quality of all your personal and business relationships.

Trust is a function of two things: CHARACTER + COMPETENCE

1. CHARACTER- a person of noble character is made up of good moral fiber, a spiritual person who keeps his or her word, whose behavior is trustworthy.
2. COMPETENCE- a competent person has the confidence, ability and accountability to consistently achieve his or her goals.

For this Inner Reflection message I will S-PIE* only THREE TYPES of TRUST:

1. SELF TRUST- your personal *credibility* with your Self and others.
2. RELATIONSHIP TRUST- your ability to *consistently* perform responsible and accountable behaviors.
3. ORGANIZATIONAL TRUST- an organization's ability to align with its mission statement, objectives and core principles in such a way that the world sees it as an organization that "*Walks its Talk.*"

Next month's *Inner Reflection* message will focus on how self-trust deals with the *confidence* you have in your inner God Self.

Namaste,
Hu

* S-PIE is an acronym for HLC's training mantra: Study, Practice, Internalize and Emotionalize.

FREE SELF-MASTERY GIFT

Self-programming for permanent behavior change is the core reason why the [Self-mastery...A Journey Home To Your SELF](#) book is such a Self-empowering mastery tool.

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DebraG@HolisticLearningCenter.com

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