***Trustworthiness***

Good people are people you can trust.Trustworthy people keep their word and follow through on commitments.

Without trustworthiness, agreements and promises don’t mean anything.

Trustworthy people always do the right thing.

***How to practice it?***

When you are trustworthy, you stop and think before you make a promise , make sure that you mean what you say and that it is something that you really want to do and are able to do.

***Trustworthiness Do’s***

* Tell only the truth.
* Say what you mean.
* If you find something return it to the owner.
* Do the right thing even when people want you to do bad thing.

***Trustworthiness Don’ts***

* Don’t lie.
* Don’t cheat.
* Don’t trick anyone.
* Don’t gossip.
* Don’t break a promise.
* Don’t ask anyone to do anything bad.