



YOUR EMOTIONAL BANK ACCOUNT

Handout



6 WAYS TO MAKE DEPOSITS (OR REDUCE WITHDRAWALS)

5 **Showing Personal Integrity.** *Integrity is the moral floor upon which trusting relationships are built. When we operate with sound moral character, it makes it so easy for others to trust us.*

6 **Apologizing When We Make a Withdrawal.** *Don't you find that the little things tend to become the BIG things when they do not receive our attention? Doing the little things is how we honor and show respect for others. Small kindnesses, a smile, a little extra effort, a hug, doing something you didn't "have" to: these are the things that build trust.*

Coach,
IT'S BEEN A PLEASURE

xo,
ASHLEY



Additional RESOURCE Links:

Business Bootcamp For Fitness Coaches:

<https://www.facebook.com/groups/businessbootcampforfitnesscoaches/>

DFY Posting Plans

<http://ashleyshaw.ca/bbcourses/>