

Thank you for your interest in our January 11, 2022 webinar, “*A New Kind of New Year’s Resolution.*” For those who were able to join, I hope you enjoyed the experience.

In case you missed the webinar, or if you want to review the content, here is a link to the [recording](#) and the [presentation slides](#). The upcoming schedule of free webinars and recordings of past webinars can be found [here](#).

Of the five “new” New Year’s Resolutions, the one that resonated with the most people was *focus on what *really* matters*. Here are some additional resources to compliment the recording:

- Charlie Green’s latest blog post, [Want a \(Better\) New Year’s Resolution for 2022?](#)
- Andrea P. Howe, co-author of *The Trusted Advisor Fieldbook* and founder of [The Get Real Project](#), also posted her view on [a dramatically different resolution to improve your relationships in the new year](#) (you can subscribe to [Andrea’s Weekly-ish Tips](#)).
- Here’s a deeper dive on giving the gift of listening: [The Point of Listening is not What You Hear, but the Listening Itself](#).
- One attendee raised a question about balancing curiosity and intrusiveness, try [A Tool for Emotional Risk Management – Name It and Claim It](#).
- For those of you who, like me, struggle to keep resolutions for longer than a few weeks, consider the BONUS resolution: **52 Weeks of Trust**. Here’s how it works:
 1. Assign each suit in a deck of cards to one the four factors of trustworthiness:
 - Clubs = Credibility
 - Diamonds = Reliability
 - Hearts = Intimacy
 - Spades = Self-orientation
 2. Each week, select a card at random from the deck
 3. Choose a resolution related to the trust factor that matches the suit of the card
 4. Write your resolution on the card (don’t put the used card back in the deck)
 5. Focus on that resolution for one week
 6. Carry the card with you as a reminder to keep your resolution
- Learn more about the [Trust Equation](#) from our website.
- And finally, if you want inspiration for your weekly resolutions, check out these two eBooks: [Improving Trust: A Deeper Look into the Trust Equation](#) and [15 Ways to Build Trust Fast](#).

Feel free to share these resources with your colleagues and friends, and call or email us directly at any time.

I look forward to seeing you on our February 2022 webinar; we will share the date and topic soon.