

## **Transparency Audit**

In our experience, transparency cultivates trust and builds relationships.

The checklist below is designed to assist you in expanding your commitment to transparency. The questions provide structure that supports the practice of active revealing with ourselves and others.

We recommend referring to the checklist on a regular basis (i.e. weekly) until the skill of being transparent becomes second nature.

1. How would I rate my level of transparency on a scale of 1 to 10? (1 = fully concealed and 10 = fully revealed with anyone, anytime, anywhere)

2. What am I noticing about the costs of concealing?

3. What am I noticing about the payoffs of revealing?



4.	Is there any critical information I have withheld from colleagues and/or important people in my life?
5.	Are there emotions I've withheld? (e.g. sad, scared, angry, happy)
6.	Are there stories I've made up, but haven't revealed or confirmed?
7.	Do I have any unexpressed feedback for colleagues and/or important people in my life?
8.	Do I have any unexpressed appreciations for colleagues and/or important people in my life?
9.	Have I broken any agreements that need clearing or changing?