The Leader's Growth Path

Session 2: Rebuilding Trust After Breaking It — 14-Day Journal

The Repair Sequence

Step 1: Name What Broke — Say exactly what you did or failed to do.
Step 2: Own the Cost — Acknowledge what it cost the other person.
Step 3: Attach a Specific Action — Name what you will do differently, by when.

Phase 1: Noticing (Days 1–5)

Goal: Start seeing where commitments break — yours and others'.

Day 1

> Think about the last week. Name one commitment you broke — even a small one. What exactly did you say you would do, and what actually happened?

Day 2

> When that commitment broke, what did it cost the other person? Not how you felt — what did they lose? Time? Trust? A plan they were counting on?

Day 3

> Watch for someone else breaking a commitment today. What happened? Did they name what broke, or did they make an excuse or stay silent?

Day 4

> Think about the Apology Trap. When was the last time someone said "I'm sorry" to you but nothing changed? What was missing from their apology?

Day 5

> Did you break or keep a commitment today? Write it down honestly. If you broke one, what was the reason — overcommitting, underestimating the cost, or avoiding a hard truth?

Phase 2: Naming (Days 6–9)

Goal: Practice the Repair Sequence out loud or on paper.

Day 6

> Choose one broken commitment from the past week. Write the full Repair Sequence: (1) Name what broke. (2) Own what it cost the other person. (3) Write the specific

> action you will take, with a deadline.

Day 7

> Deliver the repair from Day 6 — out loud, to the person involved. How did it go? What was the hardest step to say?

Day 8

> Did you follow through on the specific action you committed to in your repair? If yes, how did the other person respond? If not, what got in the way?

Day 9

> Which step of the Repair Sequence is hardest for you: naming what broke, owning the cost, or attaching a specific action? Why do you think that one is hardest?

Phase 3: Practicing and Reflecting (Days 10–14)

Goal: Build the repair habit — catch breaks early and repair them quickly.

Day 10

> Think about the Trust Account. After your repair, do you feel like the balance has gone up? What would it take to rebuild it further?

Day 11

> Did you catch a commitment breaking today — before it fully broke? What did you do? Could you have flagged it earlier?

Day 12

> Think about all three stories: David owned his wrong when he had the power to avoid it. Japan rebuilt for a generation. Barbara Henry showed up every day. Which repair example speaks most to your life right now, and why?

Day 13

> Write about someone who repaired trust with you — someone who broke a commitment and then did the work to rebuild it. What specifically did they do that made you trust them again?

Day 14

> Looking back over two weeks: What is the most important thing you have learned about rebuilding trust? What is one habit you want to carry forward from this session?