

4H (History, Heartbreak, Heroes, Hope)

"That's the foundation of relationships: self-disclosure." (Anton Villado)

"We need to trust to be vulnerable, and we need to be vulnerable in order to build trust . . . It turns out that trust is in fact earned in the smallest of moments. It is earned not through heroic deeds, or even highly visible actions, but through paying attention, listening, and gestures of genuine care and connection." (Brene Brown | [Dare to Lead](#))

INSTRUCTIONS

1. Individually, record your response to each of the four questions.
2. As a team, share information that you feel comfortable sharing with your team members:
 - a. Take turns sharing your response to question #1 (HISTORY)
 - b. Take turns sharing your response to question #2 (HEARTBREAK)
 - c. Take turns sharing your response to question #3 (HEROES)
 - d. Take turns sharing your response to question #4 (HOPE)

HISTORY	HEARTBREAK
1. Where are you from? How were you raised? What is your family like? What was your home like? What experiences/relationships have impacted you the most?	2. What have been your greatest challenges/obstacles/pains/losses?
HEROES	HOPE
3. Who do you admire? Who has inspired you? Explain why...	4. Based on your current work situation, what are your greatest hopes?

