



Know What Your Trust Rests On

24 September 2026 | Knowledge | 3 minutes

THOUGHT FOR THE DAY

Confidence grows stronger when we know what our trust rests on.

MLDP VALUE Editorial Team

What does it mean?

Confidence means believing that things can turn out well. It becomes more dependable when we know why we feel it. Experience, skills we have learned and information we can check can give us reasons to trust.

A convincing promise can give us hope. Before making a money decision, it is still worth checking costs and risks. Asking questions helps us judge for ourselves. When building wealth over time, well-founded trust helps us act calmly without expecting a guaranteed profit.

Put it into practice

- 01 Choose one money decision you need to make, such as whether to renew a contract.
- 02 Note one reason for your confidence that you can check, such as the costs stated in the contract.
- 03 Write down one unanswered question you want to resolve before deciding.

YOUR TASK FOR TODAY

Spend five minutes completing two short sentences about a money decision: 'I already know: ...' and 'I still want to check: ...'.

YOUR QUESTION

What reason can you check to strengthen your trust today?