

Living in Integrity

- 1) Clarity creates integrity *Do I know what matters to me?*
- 2) Actions demonstrate values *Are my values evident through my behaviors?*
- 3) Keeping my word aligns me with my purpose *Do I believe my own word (spoken & thought)?*
- 4) Integrity builds trust & confidence in myself & with others *How confident do I & others feel in me?*
- 5) Living in alignment expands my energy *Am I energized each day?*
- 6) Relationships are fed with follow through *Am I adding credits to my relationship accounts?*

Pause ⇨ Respond with purpose ⇨ Produce excellent results