CREATING | PROFESSIONAL DEVELOPMENT | PSYCHOLOGY | PERSONAL GROWTH

Integrity – Do You Have It?

Once you understand integrity and your *commitment to it, it will shape your life and affect those that come into your life.*

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Integrity. Definition:

1. A firm adherence to a code, 2. Incorruptibility, 3. Incapable of being bribed or corrupted, unimpaired condition. 4. Character of action and trustworthiness.

In life sometimes all you have is your code of honor. Once you understand integrity and your commitment to it, it will shape your life and affect those that come into your life.

People of integrity will not bend or wavier regardless of pressure, money or circumstances. They will not allow others to corrupt their inner beliefs regardless of the pressure put on them.

> ***Your honor should not be for sale*** **just so you can get what you want.**

Everyone has to live with the decisions they make and how they affect others. Don't be willing to compromise your values and don't expect others to. It will only be the beginning of the deterioration of who and what you are and your purpose in life.

> **Integrity is not based on words, it is the actions you put behind what you say.**

In fact, there is a saying, "*Your actions speak so loud I cannot hear what you say."* What you do speaks more about you than what you say. People get tired of someone constantly talking about what they're going to do but never do it. Or those that easily compromise what they say they believe in by caving to popular opinion. A person of integrity keeps their eye on the target holding fast to their commitments.

Warning! The answers to these questions may be painful and personal but you need to be honest with yourself in order to deal with this subject and not compromise. If you have skeletons in the closet, expose them. Ask forgiveness from the person or people you've shown lack of integrity to, forgive yourself and move on!

What things have you done that you would like to change?

Example: I found myself involved in a business that made my stomach turn. I was unable to sleep at night because I learned the deal was not going to be the same for those that were coming up behind me into the position I held. I felt my integrity had been compromised and I could not look in the mirror if I stood by and did nothing.

What promises were not kept?
What could you have done differently?
In the future, I am going to live my life according to what standards?

Example: (This will help establish your mission statement.)
If someone asks me to do something I do not believe in I am going to stand firm and make it known I will not compromise my beliefs for immediate gratification or under pressure.

I will stand firm on what I believe in. I will not allow anyone to sway me or to put me in a position to compromise the values and priorities I hold dear. I cannot be bought! My integrity is not for sale no matter what the price.

Popular or public opinion will not lesson my conviction nor cause me to sway from my goals. I can look myself in the mirror with pride and confidence. The past is in the past. I have asked for the forgiveness of those that I have mislead or wronged. I have forgiven myself whether or not they have forgiven me.

I will hold true to my priorities, to the people in my life and to the decisions I have made. I am a person of my word. When I say I am going to be somewhere to those who are depending on me, I will be there on time. They will know my word is my bond.

On a separate sheet of paper write your own personal code of ethics that you will follow from this day forward. This will be part of your Mission Statement.

_____
_____
_____
_____

Character
Definition: The dominant quality, moral strength, reputation.
Your character is determined by how you act when no one is around.
How would you describe your character?

_____
_____
_____

How would you want your character to be defined?

_____
_____
_____

What are some of the obvious character traits that others may know you for?

_____
_____
_____
_____

What can you do to strengthen your character in the areas you would like to change?

Integrity is what you have and character is what you need to maintain your integrity.

Jim Bellacera believes most people go to their grave living quite desperate lives without ever really knowing what they could have done to make it more meaningful and full of purpose or what positive contributions they could have made because they were afraid of the unknown. The unknown will always be present but you have to take a step in faith. Jim likes to tell people to draw a line in the sand and step over it and to never look back until you have achieved your goals. See more about Jim at http://successfulthinkersnetwork.com/stn/