

Signs of Integrity

has a high level of accountability	makes and keep agreements is uncorruptable when others disagree	knows their strengths and weaknesses
practices mental and emotional fitness	is insightful and wise	taking personal responsibility for their actions creates environments that foster integrity
constantly works to improve communication skills	willing to work hard to find the truth	respect for others even when they dislike their views, beliefs or actions
balances enlightened self interest mutual benefit	feels their feelings and thinks before acting	willing to do all they can to resolve conflicts
knows their risk factors for being out of integrity and seeks to reduce or eliminate them	is a master of self control	has a reverence for the truth
creates a lifestyle that supports being in integrity	takes action after close examination of consequences	sincere and straight forward while being sensitive
has compassion for self and others	highly reliable	asks for feedback on their level of integrity where they could improve
does their best where ever they are	engages in respectful dialogue rather than debate	has a careful regard for the rights of others
can be trusted to do the right thing	consistency of stance regardless of circumstances	has worked to develop a sense of right and wrong
plays by the rules	sets aside time for reflection	open and receptive to others opinions
examines their motives and intentions	seeks a win/win resolution rather than compromise	self monitors to make sure they get past their self-defense system
follows their higher conscious	is able to see the error in their judgment	strives to raise passion and consciousness at same time
values honesty	willing to seek the advise of others	posses the courage to act even when in fear
understands the difference between right and wrong	when out of alignment willing to take the steps necessary to return to integrity	avoids being too aggressive or too passive
willing to act in integrity even when there are inconveniences, cost or punishment	eager to examine their beliefs to see if what they believe is true	weighs actions to make sure using wise judgment
seeks to be a good role model	open to possibility that they are out of integrity or could go to a higher standard	unites with others to make a difference
acts with consistency	receptive to being influenced by others and changing their opinion	looks at the present and sees the long view
willing to examine strong beliefs	acts carefully not to force their beliefs or standards on others	investigates how they can learn from any experience
asks for and gives forgiveness	is watchful of double standards	strives to make a positive difference in your world
is highly virtuous	aware of unhealed wounds that can result in acting out of integrity and is engaged in personal healing	develops a personal action plan to reduce and eliminate risk factors
willing to admit that they made a mistake	surrounds themselves with high integrity relationships	
able to explain what they are doing and why		
able to stand up for what is right even in the face of pressure		
knows the difference between bending and breaking the rules		

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