

#4 Signs of Integrity

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