


# Living With Integrity


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- ▶ Integrity—firm adherence to a code of moral values


# How do you define real success in life?

- ▶ Standards of success
    - Are you in control of yourself?
    - Do you have a grip on life?
    - Are you happy?
    - Are you developing your spiritual life?
    - Do you get a thrill out of everyday living?
    - Are you held in esteem by others?
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# How do you achieve real success?

- ▶ Adopt a set of values
  - ▶ Dedicate your life to living by them
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# Value:

- ▶ A principle that reflects an ideal moral standard by which individuals guide their thoughts and actions and from which society as a whole ultimately benefits
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# Honesty

- ▶ Inspires trust and confidence
  - ▶ Many successful people live by a code of super-honesty
  - ▶ They make the unusual choice
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# To strengthen honesty:


- ▶ Speak out against dishonesty
  - ▶ We condone wrongdoing by keeping silent
  - ▶ If you are easy on wrongdoers you will be easy on yourself
  - ▶ If you speak out against dishonesty you make it difficult for yourself to be anything but honest
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# Courage


- ▶ The strength of character to do what is right regardless of the consequences
  - ▶ Courage is of the spirit; it comes from spiritual commitment
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# To strengthen courage:

- ▶ Think courage—we become what we think; the more courageous your thinking, the greater the results
  - ▶ Act courageously; we get according to the way we act
  - ▶ Pray for courage
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# Enthusiasm

- ▶ Passion for life
  - ▶ The thrill in everyday living
  - ▶ Vitality; renewal of the mind
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# To strengthen enthusiasm

- ▶ Practice the “as if” principle; act as if you are enthusiastic and you will become enthusiastic
  - ▶ Begin each day thinking enthusiastic thoughts
  - ▶ Visualize yourself being enthusiastic
  - ▶ Surround yourself with enthusiastic people
  - ▶ Three times daily, pause and rejoice in life
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# How to start:

- ▶ Listen to inspiring music daily
  - ▶ Read inspiring/motivational literature daily
  - ▶ Use a daily meditational
  - ▶ Keep inspiring messages close at hand
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# How to start:

- ▶ Think of someone who lives /lived with integrity and emulate them
  - ▶ Make service an integral part of your life
  - ▶ On a daily basis, write down 5 things for which you are thankful
  - ▶ Keep things that are meaningful close at hand
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# How to start:

- ▶ Consider the ethics of your speech
  - The Golden Rule should apply not only to how we treat others, but also to how we speak about them
  - Can you go 24 hours without saying any unkind words to or about anybody?

# 5 Votes of Confidence


- ▶ Today is a new day. Hence:
  - I refuse to be shackled by yesterday's failures.
  - What I don't know I will no longer allow to intimidate me. I will instead view it as an opportunity.
  - I will not allow others to define my mood, my method, my image, or my mission.
  - I will pursue a mission greater than myself by making at least one person happy that he or she saw me.
  - I will not tolerate self-pity, gossip, or negativism—from myself or others.

# The Four Agreements (Don Miguel Ruiz):


- ▶ **1. Be Impeccable with your Word:**  
Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.
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## The Four Agreements (Don Miguel Ruiz):

- ▶ **2. Don't Take Anything Personally:**  
Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
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## The Four Agreements (Don Miguel Ruiz):

- ▶ **3. Don't Make Assumptions:** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.
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## The Four Agreements (Don Miguel Ruiz):

- ▶ **4. Always Do Your Best:** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.
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# The Law of Attraction

- ▶ Like attracts like
  - ▶ Positive and negative thinking bring about positive and negative physical results
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# Life Lessons:

- ▶ Appreciate the great people and things in your life.
  - ▶ Ignore other people's negativity.
  - ▶ Forgive those who have hurt you.
  - ▶ Be who you really are.
  - ▶ Listen to your inner voice.
  - ▶ Embrace change and enjoy your life as it unfolds.
  - ▶ Choose your relationships wisely.
  - ▶ Do things your future self will thank you for.
  - ▶ Be thankful for the troubles you don't have.
  - ▶ Enjoy the little things in life.
  - ▶ Let go when you must.
  - ▶ Focus on what you have not on what you don't have.
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# Life Lessons:

- ▶ You have the capacity to create your own happiness.
- ▶ Emotionally separate yourself from your problems.
- ▶ Everything that happens is a life lesson.
- ▶ View every challenge as a learning opportunity.
- ▶ Resentment hurts you, not them.
- ▶ It's better to be hurt by the truth than comforted by a lie.
- ▶ Not getting what you want can be a blessing.
- ▶ Mistakes are important to make.
- ▶ You always have a choice.
- ▶ The end is a new beginning.

(From [www.marcandangel.com](http://www.marcandangel.com))

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