The Integrity Habit™
Embodying Trust *Worthiness* in Your Personal *and* Professional Life

Integrity and Trust*Worthiness* Self-Discovery Practice

I highly suggest printing this post out and give each question some deep thought instead of just quickly responding. Please answer all questions with **complete** self-honesty **as well as** kindness toward yourself. After all, no one is going to know your answers but you! None of us is "perfect" - or ever will be. This does not have to be turned in, and there is no "score" - but **you** know deep within your heart the degree to which you are being candid for each response. Allow your responses to begin to flesh out where you may wish to do some inner work to become open-eyed and proactive in cultivating an unshakable **Habit of Integrity.**

What are your core ethical values? What is non-negotiable?

When facing the fog of challenging life situations, what are your guiding principles?

Are there any circumstances wherein you are willing to justify making ethical compromises, and if so, what are they and where do you draw the line?

Where are you *knowingly* biased, privileged, elitist and/or hypocritical?

How do you treat yourself - *and others* - when you are stressed?

Do you have Work/Life *harmony*? Are there imbalances in your Physical, Emotional, Mental and/or Spiritual life?

Recall a situation where you were afraid to do what you knew deep inside was *the right thing to do*, so you went along with what others did – or did what was asked of you without questioning it. How did doing that make you feel? What were you afraid would have happened if you did what you felt was *right*, even if you were the only one who did? How would you have decided if you **didn't** have this fear?

To what degree are you focused upon your own needs? To what degree are you focused upon the needs of *others*?

Have you ever compromised your integrity for survival, personally or professionally? If so, what did you tell yourself to justify doing so?

What percentage of the time do you transparently and authentically "walk your talk"? How do you explain the times you **don't**?

Think about critical decisions you've made that seriously affected your life and/or organization, and even possibly the lives of others. Are you happy with what you chose? Why or why not? Where are the points where you would have made *different* decisions if you could do it again? What would you have done?

Have either you or the company you work for ever "gotten away" with doing something unethical? How did that make you feel?

If your Big Picture intention and goal is to live an ethical life framed by integrity *no matter what the circumstances are*, what obstacles do you think are getting in the way?

What kind of life do you want to look back upon when you are close to dying? What legacy do you wish to create?