

Integrity

5
Steps

*The foundation of
trust and credibility.*



Define Your Core Values

Write down three to five values
that guide your decisions.

These might include honesty, loyalty,
kindness, or fairness. Putting these down on
paper makes a commitment to yourself.

Unsure? Np. Think about the times when
you've felt proud of an action or decision.
Which values were you honoring?



Align Your Daily Actions with Your Values

Start small, be consistent, and uphold them in all areas of your life.

It could be as simple as keeping a promise to a friend or being honest about a mistake you made at work.

Small decisions build integrity over time. Think of them as workout reps. The more you practice, the stronger your integrity becomes.

Over time, this practice becomes second nature. When you face bigger challenges, you'll instinctively act with integrity.



Accountability and Reflection

Set up a system where you regularly reflect on your actions.

You can do this through journaling at the end of each day. Ask yourself questions like, “*Did I act in alignment with my values today?*”

You can also ask a trusted friend or mentor to give you feedback on your actions.

Accountability creates a mirror that helps you see where you’re staying true to your values and where there’s room for improvement.



Prepare for Difficult Situations

Rehearse difficult conversations or decisions in your mind beforehand.

Living with integrity isn't always easy. There will be times when you're tempted to take shortcuts or compromise your values for acceptance or convenience.

If you know you'll face pressure to cut corners at work, mentally prepare yourself to say, "*I don't feel comfortable doing that because it goes against my values.*"

Rehearsing these moments helps you stay grounded when the pressure is on.



Practice Compassion for Yourself

Living with integrity isn't about being perfect. There will be times when you fall short.

When that happens, practice self-compassion. Acknowledge your mistake, learn from it, and make amends if necessary.

The goal is progress, not perfection.

Integrity is about the commitment to continue striving for alignment between your values & actions, not about never making a mistake.



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