Your Standards of Integrity

These are your personal keys to excellence.

Your Standards of Integrity are your core values.

Your Standards of Integrity are the basic desirable qualities you possess that give your life meaning and relevance. You don't have to invent them because, like your power to be willing, they already exist within you. Your job is to uncover them and then contribute them to others. "Standards" has a double meaning. First, it means values. A second meaning is that it is a flag or banner that you fly in front of you. It's what you "stand" for.

A) To Do: List in the box below or on a separate sheet people who have qualities you admire. Write their names on the left. Take your time and reach back into your past. You may know these people or just know of them. They may be living or dead. Real or from stories.

People I Admire	The Qualities I Admire in Them

B) To Do: Survey your list. Look at each name, starting with the first and working down. In the box below, record the qualities or traits you admire about the person on the right. A quality is something that inspires you, such as loyal, intelligent, adventurous, courageous, creative, truthful, and so on. Go to the next person on the list. If that person shares qualities with the first, simply put a check mark next to that attribute. List any additional traits not found in the first person. As you proceed you will develop a list of qualities, with check marks that indicate when that quality was noted more than once.

C) To Do: Starting from the top of your list, look at each trait. Spend a few moments contemplating each attribute. *Ask yourself—does reading this word, aloud or to myself, warm my heart, if only for a moment?* Do I like being in the presence of people who have this quality?

Repeat this process until you have contemplated each word on your original list. Write the ones that resonate with you in the 1st box on page 2. You may find you have transferred all or just a few of them. ***Quantity is not important.*** What matters is that you are willing to see what touches your heart. If one or two other traits occur to you as you do this, write them down as well.

Qualities That Warm My Heart

D) To Do: Each trait you list in the box above has significance and meaning for you. That is because you possess the receptor site for it in your heart. What you have before you—the list of your Standards of Integrity—is the blueprint for your personal power. You possess the qualities you listed. They are part of your nature. You can't get rid of them, no matter what you do.

Take this list and print it on a three-by-five-inch card (example follows).

At the top of this list, write: "These are my Standards of Integrity." At the bottom of the list, write: "I know these are mine because I see them in others." Keep this card with you and look at it often.

Follow-up Practices:

To Do: Take your integrity card with you and read it at least once a day for one week. Become familiar with Your Standards. Get used to the possibility that they really do describe your authentic nature. After a week, ask yourself if you have noticed any changes in your relationships with others. You may see a subtle shift in your behavior, mood, and conversations.

To Do: Record your observations about yourself in your notebook. When you are aware of your
Standards of Integrity, is it easier to communicate with others? Do you think before you speak? Do you let them "in" a little closer? Observe yourself. If you do, you will be practicing a skill that is essential to the hero's journey.

These are my Standards of Integrity:
I AM:
I know these are mine because I see them in others!