

Standards of Integrity

What Does That Mean?

What are our
Standards of Integrity
and why are they
important?

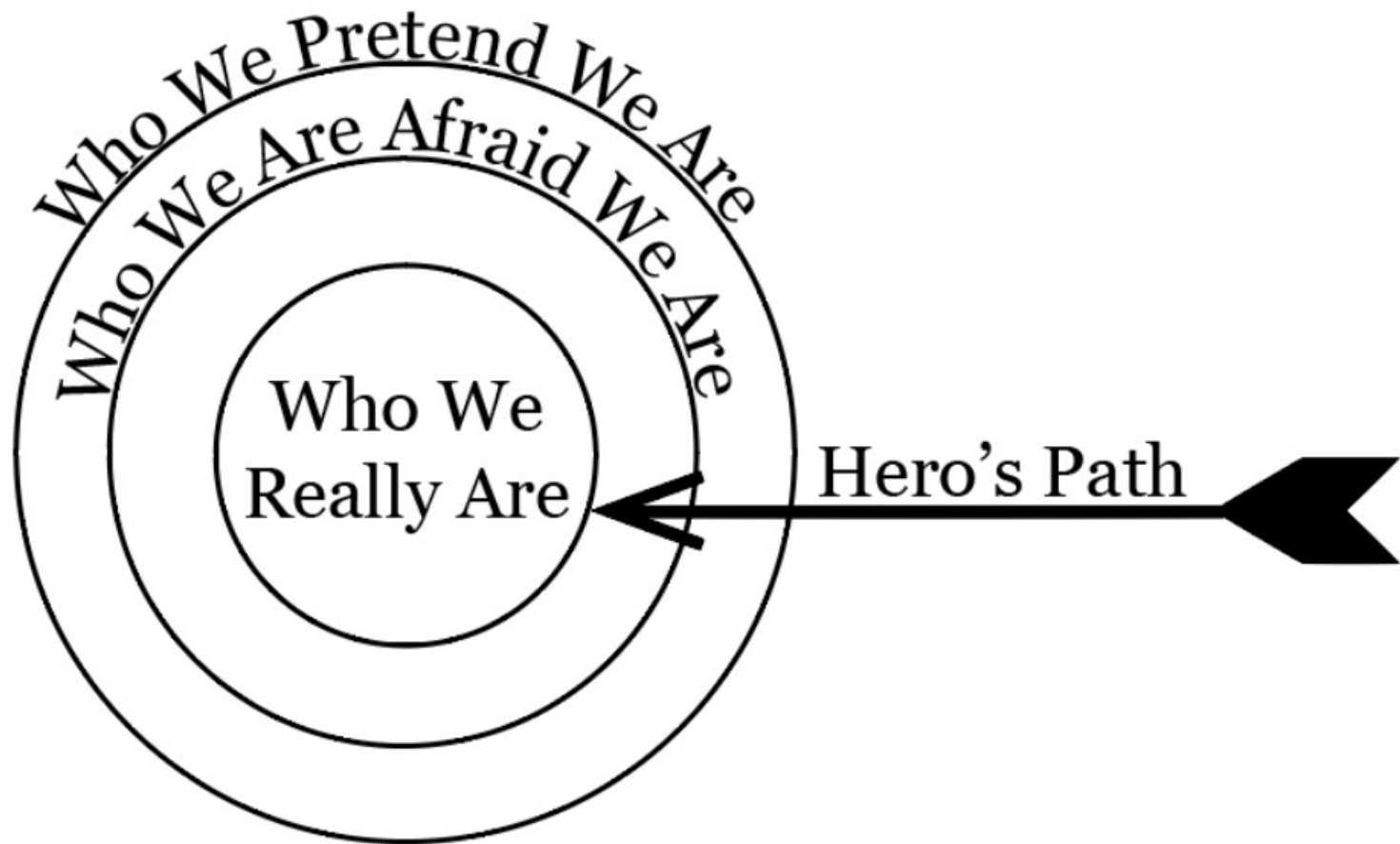
“Success is doing what you said you would do, consistently, with clarity, focus, ease and grace.”

– Maria Nemeth



SUCCESS

Who We Really Are



Standards of Integrity

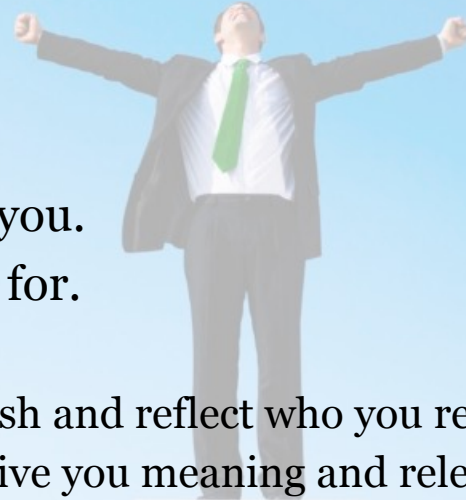
What Does That Mean?

“Standard” has two meanings:

- 1) Something of value.
- 2) A type of flag or banner that you fly in front of you.
It’s what you “stand” for.

Standards of Integrity are the core values that you cherish and reflect who you really are. They are the basic desirable qualities you possess that give you meaning and relevance. You don’t have to invent them because they already exist within you!

When you act in accordance with these qualities, you feel a sense of well-being. You experience satisfaction and fulfillment. Integrity means to be “whole.” Therefore, when your actions reflect your Standards of Integrity, you have a sense of wholeness. You know that “all is well.”



Life's Intentions

What Does That Mean?

An underlying direction, aim, or purpose that comes from deep within you and is the living spirit behind your goals and dreams. It is a longing to be known for something that you contribute to life.

Examples:

- **To Be Financially Successful**
- **To Be An Adventurer**
- **To Be A Creator Of Beauty**
- **To Be A Loving Partner**

Your Life's Intentions give a clear, pure focus to energy. Our Life's Intentions rouse us forward on our journey, calling us to grow and develop. As you work with these powerful tools, you will begin to notice where in your life you are aligned with your Standards of Integrity and Life's Intentions and where there is a gap. This awareness will enable you to close the gap and formulate goals that will bring your dreams into physical reality and that express your authentic self.

Life's Intentions

Life's Intentions Inventory

Using this form, please look at the intentions that are currently important to you. Five (5) is "very important" and one (1) is "relatively unimportant." Please remember that this is only a snapshot in time, a reflection of where you are now. Your rating of these intentions could change at a later date.

My Intentions are to be:	1	2	3	4	5
· Financially successful					
· Physically fit and healthy					
· A successful artist, sculptor					
· A successful musician, composer					
· A successful author, playwright, poet					
· A contributor to my community					
· A visionary leader					
· A loving family member*					
· Spiritually developing					
· A well-respected professional					
· An effective manager					
· An effective teacher					
· Well-educated					
· A creator of beauty					
· An effective coach					
· A successful business owner					
· An effective healer					
· Well traveled					
· An effective mentor					
· A successful entrepreneur					
· An adventurer					
· An effective therapist					
· An effective minister					
· Politically active					
· A successful communicator					
· A generous friend					

As you look over the inventory, what do you notice for yourself?

What is most important to you right now?

We review these every year, as they change over time.

And we want to be clear about where to focus our energy – the energies of money, time, physical vitality, creativity, relationship and enjoyment.

Coherence & Incoherence

When we get an Action and Result (outcome) that reflects a Life's Intention or Standard of Integrity, then our actions and outcomes are aligned with who we've come here to be. That is called Coherence. When we are in coherence, we experience:

- ✓ **Harmony**
- ✓ **Meaning**
- ✓ **Satisfaction**
- ✓ **Fulfillment**



Coherence & Incoherence

Who we are inside coincides with how we show up on the outside. In the moment of coherence we see possibility and promise and know all is well.

If there's a break (our results are not in alignment with our Life's Intention or Standard of Integrity) we call that Incoherence and experience:

- ✓ **Frustration – feeling disappointment**
- ✓ **Resignation- letting go, giving up and quitting**
- ✓ **Cynicism - suspicion, distrust, scorn and contempt**

Those traits seem to follow the sequence in order. At the bottom level, cynicism often results in you working against your goals and visions and figuring out how to make a project not happen. Not what we are looking for!



It often doesn't take much to correct incoherence if we catch it before it gets to cynicism. The trouble comes when we wait so long that we slide through the sequence without catching it.

Coherence & Incoherence

Notice The Fact That You Do Care

That you experience incoherence as a result of what you do, speaks to the truth of who you really are.



Maria Nemeth PhD says

“Maintain coherence by bringing everyday actions into alignment with what is most important to you.”

Questions?

