

Integrity

Module 4: Part 2

ACCOUNTABILITY *WORKS.*

Integrity - Review

- Our definition is **whole and complete**
 - You are **whole and complete**
 - The earth is **whole and complete**
 - The universe is **whole and complete**

Integrity - Review

- Last time we talked about complete versus incomplete.
- Our tendency is to let attention and energy go to the incompletes that we identify.
 - Our broken commitments are incompletes.
- Accountability **neutralizes** incompletes and **restores** the feeling of wholeness.

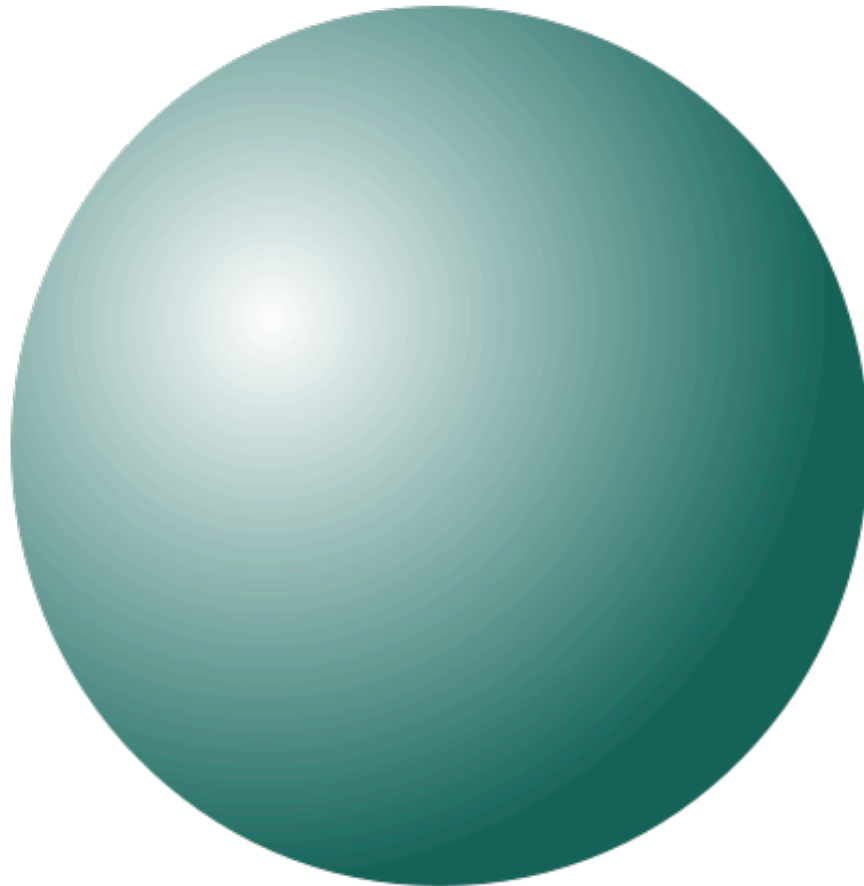
Integrity – Love & Fear

- Whole and complete is an expression of love.
 - Ex. Falling in love
 - Ex. Keeping your commitments
- Incomplete is an expression of fear.
 - Ex. Breaking up
 - Ex. Not keeping your commitments

Integrity – Love & Fear

- When you keep your commitments, you feel your integrity, you are expressing love, you are whole and complete.
- When you do not keep your commitments, you feel out of integrity, but you are always whole and complete.
- As coaches our work is to expose fear. Not a lack of integrity.

Integrity and Boundaries



Energy Exchange

- Our integrity forms our boundaries.
- We communicate with our boundaries, spoken or unspoken.
- We exchange and receive information.
- Energy contains information
- How do we exchange energy with what is not us?
- How can you take responsibility for your energy?
- Let's talk about Money!

Energy Leaks

- How do you leak energy?

Boundaries & Relationship

Your relationships are a reflections of your self, your boundaries, and your standards.