

CIT Success Conditioning©

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Integrity

CIT Success Conditioning© improves business. Make a difference in the lives of people and watch what results. These people can be anyone with whom we work, know or have made an acquaintance.

While participating, notice how relationships develop, credibility improves, and how feedback and business provides you a measure of success beyond predictability.

Exercise:

This week take time to identify areas of your life where you are out of integrity. List these areas. This is not to make ourselves wrong, feel guilty, shameful, or badly. This is an acknowledgement of areas in our life where we did not keep our word. It is an opportunity.

Criteria:

Identify areas in your life where you made a commitment to do something/not do something, be somewhere, act on behalf of someone, or support another and did not follow through as agreed. Being out of integrity is not being/keeping your word.

How:

Write a list of areas where you did not keep your word. This is about you, not anyone else. Consider all possibilities around the area where you remain out of integrity. Write a list of all parties who may be affected. Consider the ripple effects this has on your credibility with others known and unknown.

Action:

Acknowledge how often you are not your word. Set up a plan of action to clean up the areas where you are out of integrity. Make the plan accomplishable. Tell someone whom you respect and hold in high regard what you are taking on and request they hold you accountable to getting results. Create the outcome. Create a reward each time you remain in integrity.

Intent:

Follow your plan of action with all of the people whom you have identified as being affected by your previous inaction. Be deliberate in your actions and humbled by the results. Remain open and flexible. Be objective.

Feedback:

Give the other person the opportunity to listen and acknowledge the courage in your actions. Allow them to provide you their insights and feedback. You may find a new friend.

Upon conclusion, provide an email to www.ConceptsinTraining.com with the event and outcome.