



## INTEGRITY – Match behaviour with values

***Demonstrate your positive personal values in all you do and say. Be sincere and real.***

Living in integrity means that everything we say and everything we do is true reflections of what we value, what's important to us. Think about what your behaviour says about you. Does it clearly show others what you value? Do you show up as honest and committed, or dishonest and indifferent? Are you spending your time with the people and activities you value or is your focus elsewhere?

When we live in integrity we are sincere and true to ourselves—we don't say or think one thing and do another. People trust and respect us, our relationships are solid, and we feel good about ourselves. Those positive feelings from others and within ourselves reinforce our values and build our reputation and self-esteem, leading us to greater success in all areas of our lives.