



## 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 something of value. A second meaning is a flag or banner that you fly in front of you. It’s what you “stand” for.

**A) 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) Survey your list.** Look at each name, starting with the first and working down. 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) 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 1<sup>st</sup> 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.

