



SESSION #9: SEVEN TEMPTATIONS

Integrity is kept by everyday choices we make about how we show up, treat others, and stay true to our deepest values and highest aspirations. In his book *The Motivation Manifesto*, Brendon Burchard discusses six practices of daily integrity. Use these activities below to help you examine how you can live a high integrity life. Print this page and use a journal for additional space for your responses.

Think before you act (or speak!).

- A situation where I acted too soon or spoke too soon that caused me some trouble was...
- A practice I can begin to help me pause before making mistakes that hurt my integrity is...

Don't commit to things where you lack passion.

- Something that I once committed to that I now regret is... and the reason I committed to it was...
- Something I should commit to now that would truly represent my values and how I want to show up in the world is...

Keep your word.

- A recent situation where I promised something but didn't deliver was...
- A reminder I could say to myself before I'm tempted to do that again is...

Always treat others with respect.

- Someone I didn't treat with respect recently is... and what I learned from that situation is...
- The best thing I could say to myself during times of conflict to remember to treat others with respect is...

Tell the truth.

- A recent lie or fib that I told which was completely unnecessary was...
- The reason being an even more honest person is important to me is...

Always favor action.

- Sometimes I don't take the right action even when I know I should because...
- If I was going to live in integrity with my deepest values and biggest dreams, then next 5 things I would do are...