



Chapter 2

The Courage to Live with Integrity

“Integrity is one of many paths you can follow in life. It distinguishes itself from others because it is the only path upon which you will never get lost.”

—Author Unknown

If you can cast your memory back to your days in the classroom you may recall (*if you were paying attention*) learning that “integers,” from which the word integrity derives, are whole numbers. Likewise, integrity is also about wholeness. This wholeness comes through having alignment between what you believe is the right thing to do and what you are doing, and on a deeper level, between who you were born into this world to be and who you are being. At its core, integrity is about being true to yourself.

Although the path of integrity is not always an easy one to follow, it is the only path that will allow you to experience real peace of mind, contentment and harmony in your life. Indeed, only by building your life on a solid foundation of integrity can you live the fulfilling and fabulous life you wish for. Why? Because without integrity, nothing works!

Just think about the foundation on which your home is built. If it was built on unstable soil, when the wind blew hard or the rain bucketed down, it would not be able to withstand the onslaught and

its walls would eventually begin to crumble. The same would also occur if you wanted to expand it by building a second or third story. Unable to cope with the additional pressure placed upon it, it would begin to sink in places due to the extra weight and render your home uninhabitable. It's the same for your life. If you want to live a bigger, more rewarding life, then you'd better have a rock solid foundation upon which to build it. Indeed, the higher you climb, the harder the wind blows so if there are any cracks in your foundation—any areas where your integrity is compromised—then those cracks will begin to give way under the pressure of mounting expectations, responsibility, power and status. And if the foundation crumbles, the consequences can be devastating for you and those around you.

Whilst writing this chapter, I attended a ball in Dallas where several local businessmen were made laureates of the Dallas Business Hall of Fame, among them Ross Perot, the computer billionaire and twice presidential candidate. Of all the things he could have spoken about during his speech—leadership, business success, finance, risk, or entrepreneurship—he chose to speak about integrity. He stated that to succeed in business one must be a person of their word with a steadfast commitment to integrity. I'm going to take this a step further and state that to be successful in *life*, and I mean *truly* successful, you must be a person of your word with a steadfast commitment to living with integrity in every aspect of your life. Given that integrity is the foundation upon which Perot achieved his extraordinary success (it's no small feat to get from breaking horses to running for President), I'm confident he'd agree that integrity is essential to enjoy success, not just in business, but in *every area* of life.

So what does the concept of integrity mean to you? I've found that integrity means different things to different people, from honoring their commitments and being ethical in their business dealings to not cheating on their tax return, or for that matter, on their spouse. Of course, integrity is not to be confused with morality. Morals are societal standards, which can change over time and be different across cultures (think mini-skirts in 18th Century England) and so what is morally right for one person may not be so for another. Integrity transcends morality for integrity is timeless and universal.

As Isaac Asimov once said, “Never let your sense of morals prevent you from doing what’s right.” Accordingly, integrity does not require you to look outward to society for direction, but to look inward to your heart. Doing so provides a compass to guide your choices moving you away from disharmony and into wholeness.

Integrity of the Spirit

Often people have a narrow concept of what integrity means and accordingly, are not fully present to where they may be living with a lack of integrity in their life or how this may be undermining their ability to feel truly content and powerful. I therefore invite you to reflect on what integrity means to you and the level of integrity you have in your life.

It is very easy to live under the illusion that because in the *outer areas* of our lives we are good, honest, hardworking people who never cheat a soul that we have full integrity. However, we may be completely unaware of the lack of integrity in the *inner areas* of our lives. That is, not just in what we are *doing* in the world, but in whom we are *being* in the world. You see, at its core, integrity is far more than just being honest in your external dealings—obeying the law, paying your taxes and being a “good” person. It is also about being honest in your inner dealings and honoring the sacred nature of who you are.

“We have the responsibility to listen and honor the siren call of our souls—too often silenced by our egos.”

—Lance Secretan, author of *Inspire: What Great Leaders Do*

Psychologist Harry Frankfurt spent many years studying the concept of integrity and concluded that living with integrity was akin to living “wholeheartedly”. Given that psychologists generally like to stay in the realm of the head and cognitive processes (where things can be quantified), it is interesting that Frankfurt felt compelled to refer to the heart (which goes beyond measurement) in describing integrity. Since we must live from the heart in order to have courage, then it makes sense that we must have a *whole* heart in order to do so (as distinct from a heart that is filled with compromise and disharmony).

In relation to our lives, the virtue of integrity allows us to experience a sense of wholeness and unity between not just our mind (what we *know* intellectually to be right) and our actions, but between our heart (what we *feel* to be right) and our actions. So at its deepest level, the level at which the most profound transformation occurs and which the greatest courage is found, integrity is about unity between *what* your heart calls you to *do* and what you are *doing*; between *who* your heart calls you to *be* and who you are *being*. When you are living fully in integrity, you can experience wholeness and harmony at every level of your being: body, mind and spirit.

Yes, that's right—body, mind *and spirit*. You see it is my belief that who we are is not just a physical being born into this world to hang out and make the best of it for however long we get to live, without any particular purpose. Rather, each of us is a spiritual being born into this world with a unique set of gifts and talents and with the ability to contribute to the world in a way no other human being ever has before or ever will again.

At its core, integrity is about wholeness on every level of your being: body, mind and spirit

Sometimes people react with cynicism and resistance at the mere mention of the phrase “spiritual being” because they confuse spirituality with religion. Allow me to clarify. When I speak of spirituality, I am not talking about any particular set of religious beliefs or dogma, but something that transcends all religions and goes beyond what we can experience physically. In the words of William Bloom, “I simply mean that whole reality and dimension which is bigger, more creative, more loving, more powerful, more visionary, more wise, more mysterious than the daily human existence.” It is my deep conviction that we are all spiritual beings and that there is a sacredness within each of us (and yes, that includes you) that longs to express itself in the world. This sacredness holds the wisdom to guide you in fulfilling your greatest potential and expressing your uniqueness fully in the world.

Having faith in a divine power and wisdom greater than ourselves, in something that touches and runs through all of life connecting

all that ever was with all that ever will be, is not something you gain by being told about it. Rather it is something you come to know through experiencing it. For instance, recently I caught up with a Scottish friend of mine, Bill, who has been living in Singapore for the last three years. He recounted how he and his wife Fran recently took their children and their Amah (the name for housemaids in Asia) to Europe for a ski holiday. They had told their Amah, a 37-year-old woman from the Philippines who had never lived outside the tropics, that it would be very cold where they were going. However, their describing the cold to her was simply insufficient for her to grasp just what it meant to be cold. Only when they arrived at their mountain top destination did she really come to know through direct experience what it was to feel cold. The same would be true if you tried to explain to someone who had never left the confines of their small village in the middle of the Amazon rainforest what it is like to walk through the busy, noisy, vibrant streets of New York. No matter how brilliant and articulate your description, they would not be able to appreciate the experience and know the feeling of being in New York surrounded by skyscrapers and thousands of people briskly walking from one place to another.

The same is true when it comes to faith in something bigger than yourself. People can tell you about God, or their Higher Power, or whatever they like to call it, until they are blue in the face, but really *knowing* about something bigger than yourself is not something you get by being told about it. Rather it requires that you open yourself to the possibility of its existence. For then, and only then, however doubtful you still are, can you become available to experiencing it in a very intimate way. Only then can you move from a theoretical, intellectual understanding to a deep and personal knowing.

Sometimes it speaks to you through your intuition or a gut feeling, sometimes through your dreams, sometimes through a strange and amazing coincidence (or a series of them), and sometimes you just get a sudden insight about something from out of nowhere. The more closely you are connected to your innate wisdom, the better it can serve you. Too often, though, we ignore our inklings or fail to pay attention to the messages that are being presented to us. Spending

time in silence provides an opportunity for you to get in touch with what is sometimes referred to as your “inner voice.” For some people, meditation provides a powerful way to access wisdom and intuition, for others it is journaling, spending time out in nature or in prayer.

Perhaps my words are resonating with you on some level. Given that truth lives in the heart, it makes sense that what comes from my heart resonates with yours. However, perhaps you are finding it difficult to swallow the idea that there is more to your life than what you can experience with your physical senses. If that’s the case, then that is okay too. You are where you are and wherever you are in your beliefs is perfect in itself. But have the courage, at least, to open your mind and your heart to such a possibility. Take a moment to reflect and behold the wonders of nature that surround you—from the perfection of the seasons, the majesty of the stars, the miracle of a newborn baby, the rhythm of the tides and earth and the beauty and mystery of the life that exists within it. As you do, you may sense on some level that there is something far bigger and far greater than yourself at play in the world even if you cannot understand, much less articulate, what it is.

Maybe your struggle with the idea of a power or life force greater than you—and the very notion that there is an entity such as God—stems from seeing so much suffering in the world. “After all” you argue, “If there was such thing as God or some Higher Power that is all loving and all knowing and all powerful then why would they allow such suffering to happen?” But in the words of Marianne Williamson, “The question is not, ‘What kind of God would let children starve?’ but rather, ‘What kind of people let children starve?’” Ultimately, having faith in the sacredness that lies within you and in something greater than yourself does not imply the absence of doubt on your part. Rather, when confronted by a choice to believe or not believe in something beyond what you can see, touch or physically experience you choose to believe even though you don’t comprehend it and you have many more questions than you do answers about the nature of its existence.

It is not my intention in this book to convince you to forego your beliefs or to adopt mine. However, I do see it as my

responsibility to challenge your thinking and encourage you to being open minded about the nature of the universe and your place in it. Regardless of what you do or don't believe, the fact is that most of us are so busy with the business of living that we aren't tuned in to the wisdom that comes through our hearts to be able to live with integrity at its deepest level. And when the messages persist for long enough that we have no choice but to pay them attention, we too readily try to discredit them as they often nudge us in a direction we just don't want to go, or more accurately, in a direction we feel too scared to go.

The Integrity/Courage Connection

But that's exactly where courage kicks in. Integrity takes courage because the path of integrity is often not the easiest path nor most convenient one to travel. We all experience occasions when it is much easier to just go with the status quo, take the politically expedient and socially acceptable route and step away from our principles or the voice of our conscious. So, unless you're committed to a personal foundation built on integrity, you will not be able to muster up the courage you need to make the right choice when it really counts. Without this commitment, you will find it very difficult, nigh impossible, to remain true to your deepest values and core principals, and as a result, unable to do honor to the unique potential you have within you.

When you are committed to living fully with integrity, you are compelled to take the actions you know are right for you, however great the doubt, large the risk and daunting the challenge. You simply cannot help but choose to follow the path that stirs your heart, however great the price and scary the prospect, for you know that the price you will pay for not doing so will be far greater.

During the writing of this book, I contacted Dr. Patch Adams. You may recall him from the MCA/Universal Studios movie named after him in which his character, played by Robin Williams, defied conservative corporate medical care. He became famous for his clown-like antics that cheered up children who were hospitalized. Like so many truly great men and women, Patch Adams' life is one

which epitomizes real integrity and because of this, demonstrates great courage. I asked Patch how, throughout his life, he found the courage to do all that he had despite the many setbacks and obstacles he has faced. He replied that he simply did what was true for him so that he didn't have to "live a lie." This very humble man also said, "I would claim that everything that I do is because I am only brave enough to do what's true for me. It's never felt like a big deal. *Not* doing it would feel like a big deal."

Like Patch Adams, we all have enough courage to do what is true for us (for that is all the courage we need anyway). However, unlike Patch Adams, most of us are not connected closely enough with our hearts to know what is true for us. Hence, why it is so important to take the time to reflect on how, in going about the business of our daily lives, we may in fact be "living a lie" and how our doing so may be undermining our happiness and limiting the potential we have in the world.

You are no doubt familiar with the famous words of Shakespeare, "*This above all: to thine own self be true.*" These words echo the essence of spiritual integrity as Shakespeare's reference to the self is not merely to the physical self, but to the spiritual self. Maybe you are familiar with the expression, "I couldn't live with myself if I did that." This expression refers to "I" and "self" as two separate entities with "I" being the person you think of yourself as in everyday terms and "self" being the spiritual dimension of who you are. In other words, if you do not act in accordance with the voice of your spirit "self" (that speaks through your conscious and the gentle or not so gentle tugs on your heart), there will be conflict between "I" and the "self". The path of integrity—which has you being true to your self—allows you to harmoniously live with your *self*, and even better, to feel truly great about *yourself*.

When you are fully committed to a life of integrity, you are compelled to take the actions you know are right for you, however great the doubt, large the risk or daunting the challenge.

A Life of Integrity—Why Bother?

Given that most people would like to feel whole and good about themselves, why then do so many people act in ways that lack integrity? I'm so glad you asked! Because they are too attached to the pay offs and not sufficiently aware of the costs of their behavior to admit it, much less change it. As with all choices, there are pros and cons whichever way you go. And when people make a judgment that doing the right thing is going to be more troublesome and less convenient than doing the easy thing, it's no surprise they choose the road *more* traveled. So, why even bother?

By reflecting on how a lack of integrity may be affecting your life, you will be far better equipped to find the courage to live with integrity and to do the work required to restore your personal foundation to one of uncompromised integrity. Of course, owning up to where you are failing to live with integrity takes not only self reflection but also brutal honesty and a good dose of humility. So if you have not been running your life with a conscious and strong commitment to integrity, I urge you to think about how profoundly your choices may be impacting the true quality of your life.

Settling for “Less Than” What You Really Want

One of my favorite sayings in life is, “You get what you tolerate!” So if you have been settling for “less than” what makes you feel really good in any aspect of your life—from your relationships and physical well-being to your career and pay check—then you are not living a life of integrity in its deepest sense. Integrity means not tolerating anything that involves selling out on what brings you a deep sense of joy, fulfillment and satisfaction. Integrity therefore compels you to speak your truth about issues of concern, ask for what you want, stand your ground and run your life in a way that doesn't involve settling for “less than” in any way. So what things are you “putting up” with in your life—in your work, your relationships, your home environment, your health and well-being? For instance, if you have a job you really don't enjoy very much, but you are staying in it, then you are settling for “less than” what you would like for yourself in the way you earn money and in the way you spend a huge proportion of your time each week.

Inner Conflict

When I met Bob, he had been married for nearly 20 years. Whilst discussing the issue of integrity and the impact a lack of it can have on one's relationships, Bob shared with me how about 15 years earlier he had a brief affair with another woman. It ended not very long after it began and given that it had meant little to Bob at

*“Courage is the price
that life exacts for
granting peace.”*

—Amelia Earhart

the time, he decided there was no point in telling his wife about his infidelity since it would only be hurtful to her and may have jeopardized their marriage. So for the last 15 years Bob had been living with the knowledge that he had cheated on his wife and whilst they had remained married, their marriage had long since lost its passion.

I asked Bob to think about how it would feel for him not to be living with this lie and to share with his wife not only what he had done, but how, ever since then, he had failed to have integrity and then to ask her for her forgiveness. Initially, Bob was pretty resistant to the idea of coming clean with his wife. But as he got present to the huge toll it had taken on his own sense of self and on his marriage, he began to realize that as difficult as it would be to confess his transgressions to his wife, the price he would continue to pay for continuing to withhold was even greater. Only by mustering up the courage to act with integrity with his wife, whom he loved very much, would he be able to enjoy the peace of mind he'd long since lost, and open up the possibility of creating with his wife the kind of loving and passionate relationship he truly wanted to have with her.

You see, peace of mind cannot exist unless your conscious is at rest, and the call of your heart has been heeded. Acting in ways that violate what you know is right and true for you results in a marked absence of inner harmony and a marked presence of inner unrest. Any significant withheld truth in a relationship will sabotage harmony and poison passion. For Bob, his failure to restore integrity in his relationship with his spouse only served to undermine his happiness and the joy available to both of them in their marriage. This lie lay

between them in their bed each night and would continue to do so until he took responsibility for addressing it. You see, as much as you might like to, you can't compartmentalize your life and be selective about where you will practice integrity. It just doesn't work that way. As Mahatma Gandhi once said, "A man cannot do right in one department of life while he is occupied with doing wrong in another. Life is one indivisible whole." Acting in ways that lack integrity in *one* area of your life undermines your integrity in *every* area of your life.

Psychologists have coined the term "Cognitive Dissonance" to describe the inner conflict that results when there is discord between our behavior and beliefs. In order to quiet the dogfight going on in their heads, most people put in one huge effort to justify their actions. Here are some of the excuses I have heard justifying acting in ways that lack integrity:

- "They don't pay me enough, so it's only fair I get a little extra compensation this way."
- "My husband has checked out of our marriage so why shouldn't I?"
- "Everyone else does it— I can't see why I shouldn't."
- "What's the point of saying anything? It won't change anything."
- "If I didn't do it, someone else would have."

Just think of all the energy you lose trying to make yourself feel good or right and bridging the gap between who you truly want to be as a person and who you are being. It's not only wasted energy, it's also used in vain as, no matter how hard you try, you will never escape the unpleasant gnawing that eats away at your sense of worthiness.

At day's end, self worth can only come from doing worthy things. If your mind is full of conflict, it's bloody difficult to enjoy peace of mind or a healthy sense of self worth. I know this to be true because I used to act in ways which constantly diminished my sense of integrity and made me feel less than great about myself.

"Self worth can only come from doing worthy things."

Back in my teens (at the same time I was struggling with bulimia), I...ugh...this is even more humbling than my last confession... shoplifted. Yes, lipstick was my downfall. Of course, at the time I justified my behavior to myself with arguments that I was a poor student (who could not live without red lips), from a poor family who couldn't afford to give me the money other parents gave their kids. I also rationalized that the large companies I stole things from had so much money that my small bit of pilfering wouldn't even be noticed. To vindicate my moral stance on this, I only took things from large store chains and never from small businesses. "That," I self-righteously argued to myself, "just wouldn't be right!" Anyway, like so many people who shoplift, eventually I got caught. I cannot begin to convey the depth of the shame I felt when this happened. Shame not so much for what I had done, but rather for the possibility that what I had done might bring dishonor to my family, particularly my loving and "honest as the day is long" dad whom I felt so proud of and whom I wanted to make proud of me. As dishonorable an experience as this was, you might think that that would have been my wake-up call. It wasn't. Instead, my "Aha!" moment came several months later while reading a prayer book my mother had given me. I read something that made the distinction between the consequences of an act and whether an action was right or wrong. Though I'd probably heard similar stuff many times before from my parents, this time it hit me right between the eyes that it had *nothing* to do with whether or not that large retail chain would be hurt by my actions, and it had *everything* to do with the fact that it was just plain wrong to steal. As obvious as that distinction may be to you, I had just never truly gotten it before. (Some of us are slower learners than others.) At last, I got it. My dishonest behavior was hurting myself *much* more than it was harming anybody else. Duh.

Every time I took something that did not belong to me without paying, my brain went into overdrive justifying my actions. However, because I knew in my heart what I was doing was wrong (even though I wasn't consciously admitting it) it always left me with a big knot in my stomach. Did I feel good about myself afterward? Of course not! Sure I enjoyed the feeling of thinking

I'd gotten something for nothing, but what impacted my sense of self far more profoundly was that I had done something I would be ashamed of if anyone were to find out. Something I knew wasn't aligned with who I wanted to be and how I wanted to operate in the world. That knot in my stomach represented everything. It stood for the lie that I was living and the size of the gap between what I knew was the right thing to do and what I was actually doing. Only by bringing the two into alignment, by restoring integrity into my life, was I able to untie it.

We can justify our actions until we are blue in the face but that will never make them right. Ultimately, integrity requires that we give up justifying what we are doing (or what we've done) and just get on with doing what we know is right (which may mean going back and cleaning up any mess we've made.) Heck, think of the atrocious things human beings have done to one another and justified for reasons they felt were valid. Were they able to enjoy peace of mind? I think not. Spending every moment of every day being someone you don't feel *really* good about is no fun at all!

That's why people who choose to act in ways that lack integrity also avoid their own company like the plague, filling their days with as much activity as possible to drown out the voices of their conscience. And at night when the activity slows? They quiet the voices with alcohol, drugs, food, sex (if they can get it!) and sleeping pills. But whilst the behavior persists, so too does the conflict. At the end of the day, you cannot improve your life until you address those aspects of it that are out of integrity.

Remember Bob who I introduced to you earlier? When he found the courage to restore integrity in his marriage his whole experience of being alive transformed. Understandably, his wife was initially very hurt to learn about his infidelity. What made it worse for her was that he had kept this a secret for so long and made her feel as though the last 15 years of their marriage had been one big lie. But because she did love Bob very much and because she knew that he truly did love her and wanted to create a more loving and passionate relationship with her in the future, she forgave him. Needless to say, Bob felt as though a huge weight had been lifted from his heart.

When I saw Bob after this event, his whole demeanor was radiant and somehow, he looked younger to me than he had before. It was a true pleasure to witness.

Building Your Foundation of Integrity

So, what is stopping you from feeling 100% fabulous about your life and how you are operating in the world? Perhaps you've already had a flash in your mind about an area of your life you don't feel quite right about. If this is the case, then just know that you had that flash for a reason. It jumped into your mind because at your core level of being, you yearn to feel the wholeness that comes from having alignment between who you truly want to be and who you are actually being. Heed that voice!

Restoring your personal foundation of integrity requires that you restore alignment between what you do and what you know is right to do—as distinct from what “everyone else” is doing, what is the least hassle or what you reckon you can get away with! Now I am not saying that the process of doing so will be painless. In fact, I once heard integrity described as being a bit like giving birth—really painful but the rewards are more than worth it. The pain comes from having to give up some of the payoffs that you have gotten rather attached to (e.g., financial, an absence of confrontation, getting more than your fair share, living a double life, being a victim). This takes courage. However, as you begin to build a solid foundation of integrity, you will start to feel more powerful about what you can do with your life. It will soon become apparent that what you get in your life far outweighs what you have to give up.

If you can't readily identify any areas of your life with a shortfall of integrity, take a moment to do the *Personal Integrity Audit Exercise* that follows.



Exercise 2.1: Personal Integrity Audit

Ask yourself each of the questions below in relation to the different areas of your life to see where your behavior is not fully

reflecting your values. As you answer, think about whether those whom you live and work with would agree with your answer. If not, perhaps you're not being completely honest with yourself.

Workplace: Do you undermine/sabotage other people's efforts to your advantage? Do you engage in behavior you'd hate others to know about? Do you take credit for work that isn't all yours? Do you always treat those whom you work with and whom work for you with respect? Do you do your fair share in your team/business? Do you fulfill your responsibilities ethically? If you are in a position of authority, do you give people honest feedback about their performance in a respectful way that they can use to further develop themselves? Are you settling for less than what you really want from your position or job? Are you standing your ground about workplace issues you feel are important or just going with what is politically expedient?

What must I do to clean it up? When am I going to do this?

Relationships: What issues are you not addressing in your relationships? Whom are you failing to be honest with? What are you not speaking up about that is undermining your relationships? Are you treating people with a lack of dignity and respect? Are you saying things you think people want to hear even though you know you are being untruthful? What are you doing (by your action or your inaction) in your relationships that are hurting another person? Do you say things knowing they will be hurtful?

What must I do to clean it up? When am I going to do this?

Health & Wellbeing—Do you treat your body the way it should be to stay in good health? Do you regularly consume an excess of alcohol, drugs or other substances that are damaging? Do you take the time to exercise? Do you eat foods you know will nourish your body? Do you take time to quiet your mind and

Find Your Courage!

get centered? Do you seek medical attention about health issues that concern you?

What must I do to clean it up? When am I going to do this?

Money/Finances—Are you managing your finances responsibly?

Do you owe money that you aren't paying back? Are you spending beyond your means? Are you engaging in dishonest or unethical behavior with your money or with someone else's money? Are you using money to manipulate someone? Do you feel good about the amount of money you are giving to those less fortunate than you? Are you honest in how you keep your financial records?

What must I do to clean it up? When am I going to do this?

Commitments—Are you a person of your word? Does what you

are committing to on a daily basis reflect what you are most committed to in your life? Do you fulfill your commitments and responsibilities properly and on time? If you can't keep a commitment or fulfill a responsibility, do you let people know immediately? Do you say yes to requests you know you aren't going to follow through on? Are you generally punctual? Do you get back to people when you say you will? Are you someone others know they can depend on? Do you sometimes fail to say no when asked to take on an additional commitment that will mean compromising an existing one (even one to yourself)? Do you make offers to people that you fail to fulfill?

What must I do to clean it up? When am I going to do this?

What You're Doing with Your Life—Are you being the kind of

person you really want to be? Is there any behavior you engage in you would hate others to find out about? Is there something that you would love to be doing with your time, energy and talents that you are not? Are there aspects of your life in which you feel dissatisfied or resigned and are doing nothing about?

What must I do to feel good about how I am spending my energy, my talents, my time...my life? When am I going to do this?



Hopefully, you have identified some areas of your life which could do with a little “spring cleaning” in the integrity department (or maybe a complete overhaul!). Integrity sometimes compels you to do what is right rather than what is convenient. For Ross Perot, it meant running as an independent for President against all the odds in 1992, failing and then running again four years later. Of course, we don’t all feel called to run for President of the United States, but often we are still called to play a bigger game in life than we have been playing up until now. Only when your actions are in sync with that “inner voice” (or whatever you want to call it!) will you be able to have what you want most in life.

Integrity is the foundation for your future happiness and success—in all aspects of your life. Make it solid! Doing so will open up the door for you to live the life you *really* want. Of course, it may also take you on paths you would otherwise never have journeyed, and it may require letting go of circumstances to which you may have become rather attached, but keep in mind that the greatest thing in life is having the courage to let go of who you are for who you can become. By failing to live with integrity, you dishonor yourself. By honoring integrity, you honor yourself. Doing so will unleash in you the power, the courage and the sense of confidence that you need to become the person you aspire to be and to live the life to which you aspire.

*“The time is always right
to do what is right.”*

—Martin Luther King, Jr.

*“I want you to listen to what your conscience commands
you to do and go on to carry it out to the best of your
knowledge.”*

—Viktor Frankl

