

How to live with integrity; with 4 simple habits

Successful people live with integrity. They say what they do and they do what they say. They are trusted by those whom they interact with and they build healthy relationships with consummate ease. These relationships then help them to achieve bigger and better things.

When you ***live with integrity***, you influence, inspire and motivate others; not just with your words but with your actions too. Others see the positive example that you are and attempt to emulate you. When you choose to live with integrity you will experience a number of benefits, including:

- You become more valuable both as a person and as an achiever. People see your importance and the value you add.
- You get better opportunities. You become seen as somebody who gets things done. People are more willing to trust you and want to include you in the bigger projects.
- As the respect and value you command increases, you are better able to pick and choose the projects you wish to work on.
- The positive relationships which you build, lead to more people being willing to work with you. This allows you to get more done.
- You get bigger and better rewards both in terms of personal fulfilment and pay and remuneration.

How to live with integrity

The following are 4 of the most critical steps to help you live with integrity. If you turn these 4 steps into daily habits you soon begin to see some of the benefits which I have listed above.

1. Make better choices

You make thousands of decisions every day, some big but many small ones. The bigger decisions often get your full attention, allowing you to make a higher quality of decision. Do the small decisions get your full attention too? Usually not, but when you regularly make the wrong decision, it starts to add up to some big problems.

To ensure that you make better decisions on a daily basis, you need to have a clear vision for your life; a clear sense of purpose, and effective goals which will help you to realize your vision and fulfil your purpose. Life is not a set and forget process; you need to consistently remind yourself of your values, purpose and goals. When you do this, they are at the forefront of your mind, allowing you to make smarter decisions which are consistent with the person that you are and the life which you are trying to create.

2. Develop positive habits

Many of the bad decisions you make on a daily basis will be down to force of habit. Over the years, you will have done things in a certain way until they have become second nature to you. When the situation arises, you don't think about it, you just resort to habit. Maybe you are always late for appointments, or you consistently work late. In some cases your bad habits might not appear to be a problem for you, but they are usually a problem for others. If you want to live with integrity, you need to replace the bad habits with positive habits.

To develop positive habits, you first need to identify your bad habits. Take a few moments to list all of the bad habits of which you are aware. I would also suggest asking some trusted friends, or family, to help you identify any bad habits which you may have missed. Once you feel you have a completed list, go through each habit and write down the long term effects of sticking with this habit. Then, identify a positive habit which you are going to implement in its place and make a plan for how you are going to implement that new habit.

3. Keep your agreements

Every day you make agreements, both with yourself and with others. At the time of making agreements, you will generally intend on keeping that agreement but in a busy life that often proves to be easier said than done. It may not seem like a big thing when you fail to keep an agreement but every time you break an agreement, you erode a little of the trust between you and the other person. To live with integrity, requires that you keep your word so that you can build trusting and healthy relationships.

Keeping your agreements requires **an effective personal productivity system** whereby you capture all of your commitments so that you can then process them and act on them. One of the biggest mistakes that you can make when it comes to commitments is relying on your memory to keep track of your agreements. Instead of memory, you need a reliable system to record your commitments and the actions you need to take. That way, you don't need to remember every single commitment; you just need to remember to check your system on a regular basis.

4. Raise others up

If you want to build a healthy relationship with another person, the best place to start is by finding some way in which you can help them. It could be something as simple as taking a few minutes to listen to their needs. It seems counterintuitive as you probably focus on what you need to get done. But, when you have helped somebody, they see that you have value to offer and you can be trusted. With one quick action you will have taken giant strides towards creating a healthy, new relationship.

To live with integrity is to live as your best self. Each relationship must be seen as bidirectional. By helping others, you help them to feel good about themselves, and you are also helping yourself by creating a healthy new relationship.

When you live with integrity, you live your best life. You respect yourself by living in a manner which is consistent with your values, purpose and goals. These factors guide each decision that you make, thus allowing you to achieve more. You know that you can never truly succeed on your own so you offer the same level of respect to others. You focus on building healthy, supportive relationships which are based on mutual trust and respect. There will be moments when it seems like living with integrity is the most difficult thing but in reality, when you practice the 4 steps, above, the easiest thing you can do is to live with integrity. You will have a great deal of clarity in your life, allowing you make clear, effective decisions and ensuring the important stuff gets done. When you live with integrity, the benefits and the possibilities are endless.