

INTEGRITY stems from the Latin word *integer*, which means whole and complete. Integrity requires an inner sense of ‘wholeness’ and consistency of character. When you are in integrity, you should be able to visibly see it through your actions, words, decisions, methods, and outcomes. When you are ‘whole’ and consistent, there is only one you. You bring that same you wherever you are, regardless of the circumstance.

TEN BEHAVIORS THAT REFLECT INTEGRITY

1. TAKING RESPONSIBILITY FOR YOUR ACTIONS: Integrity is all about having a high level of honesty. When someone takes responsibility for their actions, you know that they are an honest person. It’s not always easy to take responsibility for things that happen, but it is the right thing to do. **People with integrity choose to do the right thing, especially in difficult situations.**

2. PUTTING OTHERS’ NEEDS ABOVE THEIR OWN: In a world that is so focused on individualism, it can be rare to find someone who focuses on what’s good for the collective community. People who put the needs of others above their own needs or desires show true integrity. Of course, they don’t do this simply to get praise and recognition. **Someone with true integrity is only interested in doing the right thing.**

3. OFFERING TO HELP OTHERS IN NEED: People with true integrity have no qualms offering their time to help people in need. They want to help those who are less fortunate than themselves. They do so happily. Whether it’s working with others to build a house in a developing country, or helping out at the local food bank, **someone with true integrity will be found helping those in need.**

4. GIVING OTHERS THE BENEFIT OF THE DOUBT: Someone with integrity doesn’t jump to conclusions. They always give others the chance to explain themselves, and move forward considering those other points of view. Someone with integrity knows that things aren’t always as they seem and that **each person has a unique point of view** that deserves to be heard. As such, they choose to give the benefit of the doubt instead of doubting.

5. CHOOSING HONESTY IN ALL THINGS: Little white lies can be tempting, but someone with true integrity doesn’t give in to this particular impulse. Integrity means being honest, and someone with true integrity will live this quality every day. **You can always trust these kinds of people** to give you their honest opinion, and it will be a point of view that you can value.

6. SHOWING RESPECT TO EVERYONE: Respect is often considered something that must be earned, but **someone with integrity gives respect to everyone** they meet. Someone with true integrity knows that everyone deserves respect and deserves to be treated like a human being.

7. MANIFESTING HUMILITY: A person with integrity will be proud of their accomplishments, but they will at the same time be humble. In other words, **they know the difference between confidence and arrogance.** A person with true integrity will know their strengths as well as

their shortcomings. They recognize their strong points, yet they're always striving to better themselves in some way.

8. BEING ABLE TO ADMIT THEY'RE WRONG: Who likes to admit they have been wrong? It isn't fun, and it can be a humbling experience. But **a person with true integrity has no problem admitting when they're wrong**, or when they made a mistake. You will find they are always the first to stop, admit their mistakes, and apologize if need be.

9. SHOWING REGULAR RELIABILITY: A person with true integrity will always show up to an obligation. When they say you can count on them for something, you know they will keep their word.

10. CONVEYING TRUE KINDNESS: Above all, people with integrity are kind. They're not the type of person to say something they don't mean. They won't say something nice to your face and something cruel to your back. A person with true integrity knows that there is strength in being unrelentingly kind.