

SMALL STEPS SELF INTEGRITY

As you know we cover Simplifying, Food and Mindset in the Membership and this week is Mindset week. Mindset is a funny word - it can mean lots of things to different people and as I am not a qualified psychologist, hypnotherapist or counsellor I choose to describe the content that I bring you each month with the word ENJOY.

Because I'm all about sharing the little ideas or concepts or theories that have helped me slow down, create a life I actually love and add more of the good stuff in. I'm not interested in years just disappearing without being present in my life. And seeking joy.

So often we don't even realise that our minds have trapped us into a life we don't enjoy. And we wonder why we keep doing things that we know don't serve us.

I learnt a little concept called 'self-integrity' a few months ago and it is revolutionising my life. I have shared it here and there in the Membership before - but it deserves special mention.

Read below as I describe exactly what it means and a small step to explore the concept a little more (especially important for those Small Steppers who have been exposed to it but perhaps haven't given it due consideration!)

I think you'll find that self-integrity is a journey you'll be on for a while (I know I am) but being aware of it has made so.much.difference!

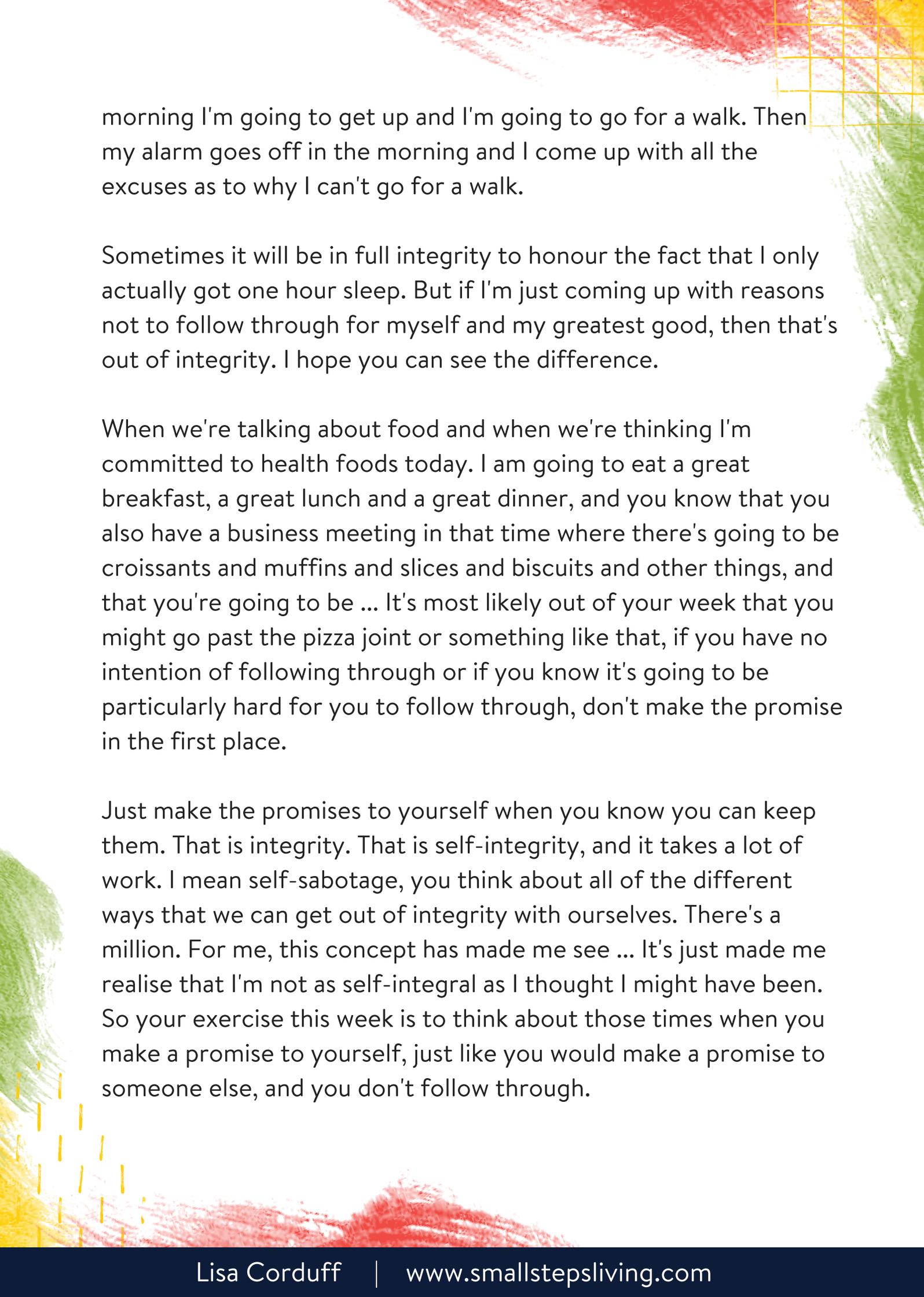
VIDEO TRANSCRIPT

A really, really important topic for us to discuss this week in our enjoy or mindset week in the membership. This is a concept that you might have heard me refer to in the membership a little bit, but I just thought we needed to drill down into it and you needed to create an exercise around it so that you can see how self-integral you are. Self-integrity, here's my understanding of integrity. It's keeping my word to other people. When I say I'm going to do something I do it.

I wonder how often you feel in integrity that ... You know, it's awful, that feeling that oh, man, they expected me to do that and I'm so not, or missing a deadline, or feeling like you're letting people down around you. It's not a comfortable feeling, and so we try to avoid uncomfortable feelings. We try to keep an integrity for other people.

Self-integrity is keeping our word to ourselves. I'd like to ask you how often you think you do that. When you think you're committed to something, when you say you're going to do something, say it's getting up early in the morning and going for a walk, do you keep that promise to yourself and you're in integrity with yourself? I wonder, because I know self-integrity is an issue for me. I would much prefer everyone around me to be happy and I will bend over backwards to make that happen, and yet I can't keep my promises to myself.

Now a really important thing to note about self-integrity is that it doesn't involve perfection, so you don't have ... Integrity is not being perfectly committing to yourself all the time. It's actually knowing when your out of integrity, so I think okay, tomorrow

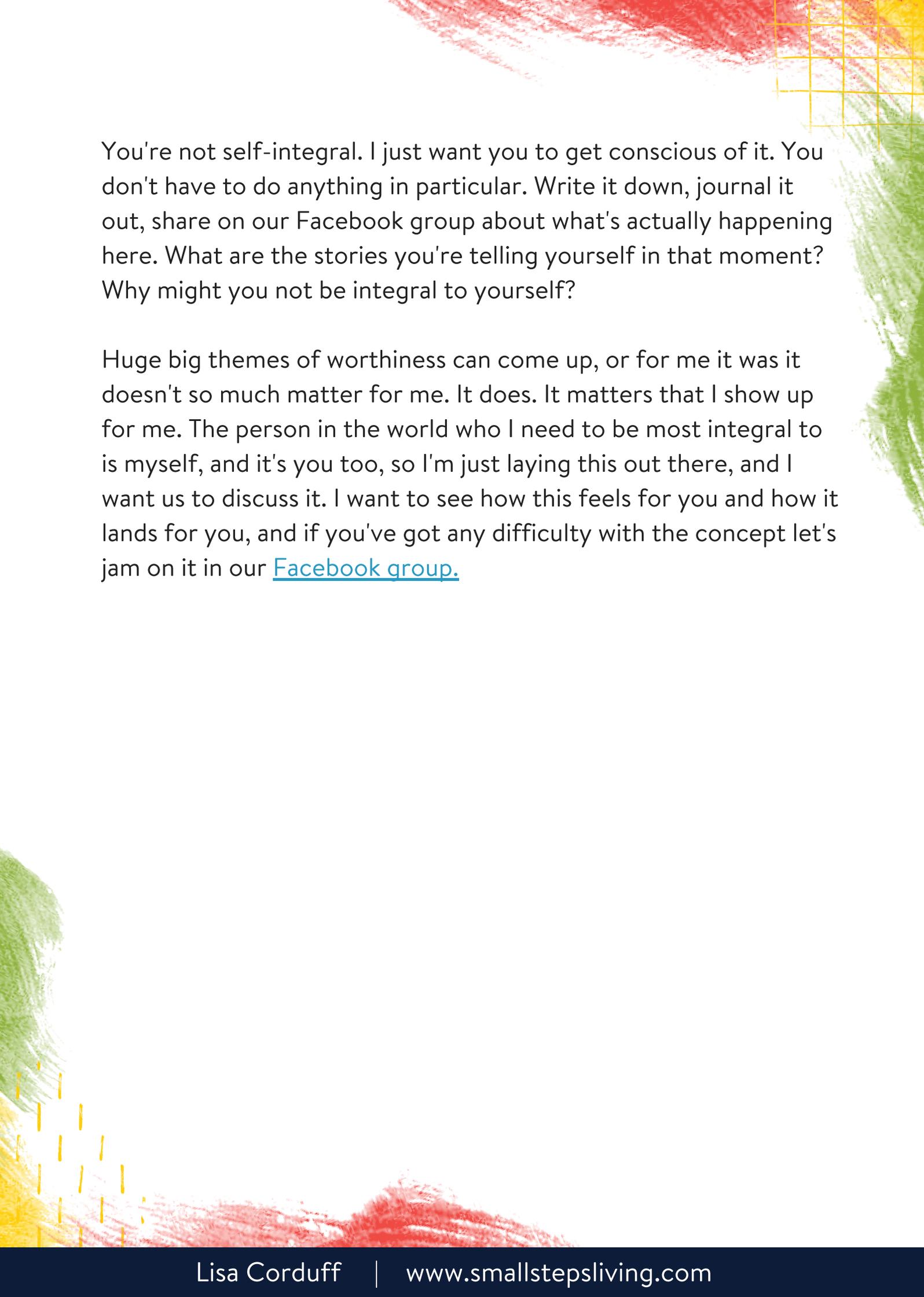


morning I'm going to get up and I'm going to go for a walk. Then my alarm goes off in the morning and I come up with all the excuses as to why I can't go for a walk.

Sometimes it will be in full integrity to honour the fact that I only actually got one hour sleep. But if I'm just coming up with reasons not to follow through for myself and my greatest good, then that's out of integrity. I hope you can see the difference.

When we're talking about food and when we're thinking I'm committed to health foods today. I am going to eat a great breakfast, a great lunch and a great dinner, and you know that you also have a business meeting in that time where there's going to be croissants and muffins and slices and biscuits and other things, and that you're going to be ... It's most likely out of your week that you might go past the pizza joint or something like that, if you have no intention of following through or if you know it's going to be particularly hard for you to follow through, don't make the promise in the first place.

Just make the promises to yourself when you know you can keep them. That is integrity. That is self-integrity, and it takes a lot of work. I mean self-sabotage, you think about all of the different ways that we can get out of integrity with ourselves. There's a million. For me, this concept has made me see ... It's just made me realise that I'm not as self-integral as I thought I might have been. So your exercise this week is to think about those times when you make a promise to yourself, just like you would make a promise to someone else, and you don't follow through.



You're not self-integral. I just want you to get conscious of it. You don't have to do anything in particular. Write it down, journal it out, share on our Facebook group about what's actually happening here. What are the stories you're telling yourself in that moment? Why might you not be integral to yourself?

Huge big themes of worthiness can come up, or for me it was it doesn't so much matter for me. It does. It matters that I show up for me. The person in the world who I need to be most integral to is myself, and it's you too, so I'm just laying this out there, and I want us to discuss it. I want to see how this feels for you and how it lands for you, and if you've got any difficulty with the concept let's jam on it in our [Facebook group](#).