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INTEGRITY OF VALUES

By Robin Hickman

The word "Integrity" has its roots in the Latin language, related to the words "Integrated" and "Integer". Both of those words refer to something being whole or complete. Therefore, integrity can be defined as : a quality of character that signifies someone being the same inside and out. There is no gap between who they claim to be and what they manifest in everyday life. They are WHOLE. They are COMPLETE. Why? Because they walk it like they talk it. However, in order to have integrity, we must have a core, something to which we must be true. We must have "identified" VALUES. Values are simply the things that we deem most significant in the way we live our lives. And they are accumulated in various ways. They are a critical part of who we are, and who we strive to be. That is why it ever so important that we take the time to stand apart from our everyday experiences and "identify" what really matters to us individually. Values should be gained from our experiences. Through our own introspective journey. Not absorbed from sources that may not necessarily be in our best interest. Something I learned to do when I reflect on what really matters is ask myself why is this important and where did this value come from. This helps me to ensure I am operating from the inside out and not the outside in.

When we have our values in order, it becomes much easier to make decisions. We know what to say yes to and what to say no to because we are not driven by external forces, we are internally motivated. That is if we are striving for integrity. Over the years, I have identified my top 5 core values: Family, Healthy, Financial Independence, Understanding of Self, and Principles. Therefore, I consistently strive to live in harmony with them, day in and day out.