



Personal Integrity Clean Up

The purpose of the Personal Integrity Clean Up is to move towards increasing levels of personal integrity. This is done by providing a checklist of areas in your life that may need attention - and then taking action to clean them up and complete them.

As a direct result of taking action to clean up 'out of integrity' areas in your life, you will experience a very positive and immediate increase in energy and, in the long term, more freedom in every domain and level.

While some of these questions may seem small, never doubt the power of addressing outstanding issues in your life and getting them complete.

The aim here is NOT perfection. To aim for perfection is in itself an indication of your own lack of self-esteem and desire for perfection. The aim is to get 85 to 95% of the items complete and to go back and start the process again. There is no final destination, only a continuous refinement. With each iteration, you will be a different person, and hence your worldview will also be different.

We recommend that you take this Personal Integrity Checklist every six months or so. Why? Because as we work on our integrity, our standards go up. In six months, what may not have seemed so important now becomes so and vice versa.

How to complete the Personal Integrity Check List

1. Read each statement through. Read the explanation. If you are absolutely sure that the answer to the question is a yes...tick the box. If you have any doubts, place a cross in the box. **If a question simply does not apply to you, cross it out. (This will be rare.)**
2. At the end of each section, tally your scores or ticks.
3. At the end of the Personal Integrity Clean Up, circle the statements you know intuitively need immediate attention and write them in the list to work on. Sometimes, you will choose some easy items; other times, you will choose the harder ones. No matter which you choose, you will see results.
4. Note down the specific actions you need to take to get these items cleaned up.
5. Once these items are off the list, do the process again until you reach a place where you feel you are complete for now.
6. Revisit every six months and repeat the process.

What will stop you from reaching a high score?

We recommend you seek the support of a coach or work with a Personal Integrity group. You will find that if you collaborate with others, your journey to higher integrity will be easier and more fun. We offer one-on-one Syntropic Coaching for people who are really serious about restoring their Integrity. For more information, please visit [Syntropic.world](https://syntropic.world)

You may score too high to start if you have very low personal expectations and boundaries or an inflated ego.

Work / Career

- I enjoy & respect all the people I work with.**
 - You don't spend your time with people who drain your energy, are negative, live in complaint, or have low responsibility for their actions. This includes peers, your manager, and clients.
 - If you meet people in your work who express any of the above traits, you are very clean and clear with your boundaries, speaking without creating residue.
- I only do work that enriches & inspires me.**
 - You find your work adds to your life, versus takes from. You do not find yourself wishing that you didn't have to go to work, day in and day out.
- My work reflects my primary values.**
 - You are clear what your values are, and they are aligned with your work. If you don't know your values work with your coach on these.
 - Any mismatch of values is addressed as part of this Personal Integrity process.
- My files are neat & orderly. My work environment is clean & uncluttered.**
 - Your work space is reflective of your head space. You know where things are, and have a filing system (digital and physical) that makes things easy to find.
 - Being in your space of work makes you feel happy.
- My work challenges me in the best way possible.**
 - Your work allows you to grow and stretch. Not too much to be overly stressful, not too little to be complacent. The right amount of learning tension is present.
- I have the right skills for my work & am always developing my skills further.**
 - You know what your skills are and know the areas you need to develop. You are not over or under skilled to a significant degree. You have a clear development plan.
- I am held in high self-esteem by my peers.**

•You will know this by various forms of feedback. People will tell you directly. People will ask for your advise and opinion regularly. People will give you opportunities readily. If you are not sure, ask.

- I have every piece of equipment I need to do a great job including an up to date computer and software.**
 - You are current with the technology needs of your business, and have skill in their use and application. You understand the principle of leverage and how to be working at maximum efficiency using the right tools. You know how to use your technology with ease.
- I have clear boundaries around my work & my personal life.**
 - You understand the different between work and play, and have set strong boundaries between the two.
- You have a healthy work life balance.**
 - You are not addicted to work. You have passions and interests outside of work that keep your energy tank full.

_____ **Number of True out of 10.**

Self care

- I have regular health checkups.**
 - You visit a medical professional regularly and have all the necessary checks, such as blood tests, mammograms, prostate exams, blood pressure checks, stress tests, etc.
- I maintain an exercise program that keeps me fit and vital.**
 - At a minimum, three times a week for 30 minutes, you do exercise that gets your heart rate up. (unless advised otherwise for medical reasons)
 - You do exercise that you enjoy.
- I visit the dentist every 6 months.**
 - You have a great relationship with your dentist, which includes a six-month check up and clean. You have no dental problems that need attending to. You like your smile.
- I clean & floss my teeth every day.**
 - Your dental hygiene is excellent. You never go to bed without having very clean teeth.
- I like my current hairstyle & colour.**
 - Your hair is styled and cared for with a style that suits your personality and lifestyle. You keep your hair clean and managed.
- I am within my normal healthy weight range.**

•You know what your normal range is and are happily within this range. You know you are not overweight. Similarly, you are not underweight. If in doubt, ask a professional.

- I consistently get adequate restful sleep.**
 - You do not wake day after day feeling tired and needing more sleep. You wake feeling rested and ready to go most often.

- Everything in my wardrobe is of great quality & is clean & repaired.**
 - You love your clothes, all of them. You keep them in great condition. People comment on your clothes regularly, letting you know how much the styles and colours suit you. You do not have out-of-date, stained, or faulty clothing. You buy clothes that suit you and are of good to high quality. You care about who makes your clothes and that they have been made in ethical business environments.

- I eat a healthy diet that supports me.**
 - You eat mostly vegetables and fruit, with whole grains. and protein sources supplementing. You are aware of the source of your food-ideally local, fresh, and seasonal. The food you eat gives you vitality, energy and radiant health.

- I do not smoke.**
 - Period...any substance.

- I spend time everyday doing something just for me.**
 - You make sure that moments in your day give you pause to appreciate pleasure, beauty and life in general. These moments do not have to take long, and in these moments, you are 100% present in the experience.

- I treat myself better than anyone I know.**
 - You are kind when you need kindness, rigorous when you need rigour, action oriented when you need to take action, grateful most always. If you need a kick up the butt, you can do that too, but you do not do this to yourself relentlessly.

- I have a high self-esteem.**
 - You like yourself. The part of you that feels small or less than, or not enough, is a very small part of you. You are usually aware when this part is present and know how to put it back in the box.

- I have adequate support (Housekeeper, car cleaner, child care, administration support, and bookkeeper) so that I only do things I love.**
 - You know what your time is worth, and you value having others support you to be doing your most valuable work. Your support staff and all fabulous, well cared for, and an integral part of your team. No matter what they do, they know their value to you.

- I make only promises to myself & others that I keep.**
 - People can rely on you 100% of the time. You can rely on you 100% of the time. If you say I will, you will. You walk your talk.

_____ **Number of True out of 15**

Personal Development

- I am aware of my ego & am seeking humility.**
 - My ego is that part of me that thinks I am better than, more capable than others. My ego is all about me and I and mine, without concern for you and yours and others. My ego can't see what is going on for you and really isn't bothered to look. In some areas, my ego is big and very apparent; in other areas, it is much more subtle and requires others to point it out to me. I actively seek this kind of feedback.

- I am highly coachable.**
 - I am open to learning always. I have developed discernment, however, that whatever the world and/or others feedback to me provides me with an opportunity to learn and grow. I will listen to the thoughts and opinions of others, actively seeking feedback from people who I respect and who will not treat me with kid gloves. Sometimes, I may reject an opinion; however, before rejection, I will consider it deeply.

- I always invest in my own development.**
 - I see my own education and development as one of my greatest assets and, therefore, actively invest. I make sure to find development, training and education that is of high quality and appropriate to my learning needs.

- I have my coach or coaches.**
 - I understand that a coach sees my shortcomings and blindspots more clearly than I do. At the same time, they see my inherent and latent gifts very clearly. They will hold me accountable to my authentic and full expression. They will keep me in my highest expression of integrity.

- I like who I am, & speak up when I feel something is not OK.**
 - If I am aware that work needs to be done around my own personal development, then I will roll up my sleeves and get on with it. I will ask for help, seek support, and take action.

- I see beauty in all things.**
 - Beauty in nature, art, music, poetry, people, media, architecture, design, etc, gives me daily pleasure.

- I do not get sick.**
 - My health, vitality, mind, body and spirit are vibrant and healthy, and I rarely get sick in any of these domains. If I do, I take immediate and integral action, considering the medical side, the emotional side, the physical side, the spiritual side and the environmental side of my ill health.

- I am grateful for all I have.**
 - I am daily grateful. I have many things to be grateful for. I feel very blessed. I tell people how they matter to me. I give thanks, especially when I am feeling lack.

- I have no addictions that control me. (Alcohol, caffeine, food, sex, drugs, work, TV adrenalin etc.)**
 - I am not addicted to anything.
- I connect to my spirit daily.**
 - I feel connected to the source of my creativity every day. I have a daily practice to nourish my connection. This can be via prayer, meditation, song, dance, running, silence, reverence- whatever the form I feel through the expression of this that I am closer to Spirit.
- I am rarely late and rarely use adrenalin.**
- I do not complain.**
 - If something bothers me, I either do something to correct it or accept that I am either not willing to or unable to and let it go.

____ Number of True out of 12

Relationships

- All my past relationships are completely healed.**
 - I mean ALL. There is no one I would meet by accident that would make me cringe. There is nothing unsaid. There is no one to forgive. I can be with anyone from my past and be present, comfortable, and at peace.
- I protect myself from people who are needy, insecure or have a victim mentality so that I do not lose my energy around them.**
 - I can recognise these people quickly and then set up clear and clean boundaries so that their needy behaviour is not present in my presence. If I do notice that people I am with seem to drain me, I quickly correct my own boundaries.
- I surround myself with friends who support & champion me.**
 - My friends add value and energy to my life. At the same time, they speak their mind, and do not allow me to live in any of my ugly energy and behaviour. I am a better person when I am with them. They ask more truth from me than I ask of me, holding me to my biggest game. At the same time, they are supportive, caring and inspirational.
- My family admires & respects me.**
 - My family may be either my biological family or my adopted family. The people that I hold as being my family. In some cases, our biological family may be the family we spent our childhood in, and yet we are poles apart in world views and beliefs, so respect and admiration may be asking too much of them. If this is the case, look at whether you can respect and appreciate them, regardless of their station in life. (See next question)
- I respect my parents & all that they have done for me.**

•No matter what your upbringing - normal, insane, violent, neglectful - are you able to find a place of respect and consideration for your parents? This is about forgiveness, understanding and compassion. It may require therapeutic intervention/support.

- I treat my children/siblings with love & respect.**
 - As with all relationships, forgiveness and healing of self around our primary relationships requires, at times, extensive inner work and the ability to see beyond the context - gaining a symbolic and deep willingness to understand another. My children feel safe with me and are able to share anything that is on their minds without fear of ridicule or shame. I hold them in the highest respect.

- I am willing to acknowledge that what people say is mostly true for them at that moment & that their intent is mostly good.**
 - I may not agree with their worldview or experience. However, I am willing to understand that this is their worldview, and while different to mine, it has validity. Occasionally, people speak with the intent to harm and the ability to lie. However, if I find myself arguing that *my right* way of thinking, being and doing is THE way, regularly, I need to consider my own righteousness.

- I keep my current relationships clean & clear emotionally.**
 - This means that there is zero negative charge between myself and anyone in my world today. Even the slightest "off" feeling, sensation or awareness needs to be addressed. For example, if I sense that I am taking too much from someone's generosity or giving and being taken from, I need to speak up. If I am unclear about someone's meaning, I ask for clarity. This is a practice that requires high levels of awareness and a high degree of commitment. There is no residue.

- There is nothing I have not said to anyone that is on my mind & needs to be said.**
 - This is a continuation of the point above. I have made my peace, spoken my mind, cleaned up everything. I do not wake at night ruminating over what has not been said by me, or to me. I have asked for what I want and need clearly and cleanly and given in return what the people around me want and need to the best of my ability and within a moral code.

- My partner/friends treat me fabulously as I treat them fabulously.**
 - I am treated with respect, care, love, honour, and grace by the people who are important in my life. I extend the same to these people.

____ Number of True out of 10

Environment

- All the rooms in my home, including my garage, are clean and clear of clutter.**

• I keep my home clean and in good order, with nothing broken or requiring repair. I make my bed each day.

- I have no unwanted goods/clothes etc. in my home.**
 - I let go of all the clothes and goods that are no longer in use. I do not hoard.

- All my personal & domestic items are well maintained.**
 - I repair everything promptly.

- My home nurtures me in every way & reflects what is important to me.**
 - I have the right amount of light, air, space, and furnishings to make me happy.

- I like the town/city/suburb/ I live in.**
 - I enjoy my home environment, location and the people around me. I am happy where I live.

- I recycle.**
 - I consciously recycle as much as I am able. This includes electronic equipment, paper, waste, glass etc. I know the need to restore things to their right environment.

- I use resources (water, electricity, fuel, etc.) wisely.**
 - I am aware of the need to be thoughtful in the use of fossil fuels, water, etc.

- I do not litter.**
 - All things have a right place, and I place all things in their right place. I will happily pick up litter if I cross it.

- I take care of other living things. (Plants, animals, etc.)**
 - I extend the same courtesy to all living things as I would to human life. I treat the living world and all sentient beings with compassion.

- There are no environmental toxins in my home.**
 - To the best of my knowledge and ability, I use cleaning products, insect sprays, hair care, etc, that do not damage the environment.

- I am conscious that all my actions have an effect on the environment, including my emotional energy.**
 - To the very best of my ability and with ever-increasing awareness, I am conscious that everything I think and do has an effect. Using plastic bags, spending too long in the shower, buying stocks in companies and mutual funds that do unethical things, and judging others without the true willingness to understand their world.

- My car is in excellent order and is very economical.**
 - I keep my car clean, tidy, dent-free, well maintained, good quality tires. My car is economical, and I use it with consciousness.

____ **Number of True out of 12.**

Money

- I spend less than I earn.**
 - I do not use credit for personal items at any time.
- I invest a minimum of 10% of my income.**
 - This can be in superannuation or savings; however, I do this with consistency, no matter what.
- I earn what I think I am worth.**
 - I have a clear, grounded and intelligent sense of my value, and my earnings reflect that.
- I have no shame around the subject of money that I have not dealt with.**
 - I am able to speak with anyone about any aspect of my financial situation without shame.
- I feel comfortable selling my own products/services.**
 - I know my worth and am able to ask for a fee that reflects that effortlessly.
- I would pay well for a great coach/mentor/therapist.**
 - I value myself enough to make investments in my development.
- I have enough cash/liquid assets to handle my basic living costs for at least 6 months.**
 - I know how much it costs to keep my expenses paid each month and have this amount in liquid investments.
- I have great insurance coverage (health, home, business, car, etc.)**
 - I feel well protected by my insurance cover. I have researched the companies and know their product offerings.
- My taxes are professionally prepared and up-to-date.**
 - I use a great accountant who ensures I get the best advice possible.
- I have my finances in such good order, money doesn't drive me.**
 - Because I have handled my money foundation, I make decisions about my work that are in alignment with my full expression.
- My net income increases every year or, at the least, is stable.**
 - I am constantly increasing the worth of my business through innovation, adding more value.
- I am very generous, understanding the energy flow of money & giving a percentage of my money or time to a worthwhile cause.**
 - I know that to receive, I must give. To support others to get what they want will support my positive income.
- I have a plan for my own financial freedom (Income from assets covers cost of living)**

• I have a plan to reach a place where I can live on the income from my assets.

- I have spoken to any of my creditors to make arrangements about the payment of my debt and I keep them up to date frequently.
- I have a will that is up to date and can be easily accessed.
- My investment plan is based on the majority of my investments in extremely conservative low-risk investments, and the minority (15-20%) being in high-risk investments. I stick to this formula. (Age-dependent)

____ Number of True out of 16

Actions I am now going to take to get 5 items complete immediately

1. _____
2. _____
3. _____
4. _____
5. _____