

INTEGRITY CHECK LIST

The value of this list is the opportunity to tell the truth. A lie, including living a lie, hides the truth and keeps one producing more of the same less-than-desirable results. Telling the truth creates space. This is not a list of things to do nor does it imply that you are promising to complete anything on the list. It's a snapshot of your life and the level of integrity with which you are operating. It reflects and ultimately supports your commitment to being whole and complete.

It's unethical to allow things in your space that are upsetting

FINANCES

- Checkbook(s) balanced
- Federal tax
- State tax
- General excise taxes (if any)
- Social security tax
- Unemployment tax
- Personal loans handled to other's satisfaction
- Bank, credit card & school loans
- Monthly bills (including rent) handled to other's satisfaction
- Family indebtedness handled
- Child care/alimony handled
- Library dues

VEHICLE

- Insurance - current, accurate & appropriate
- Safety inspection & registration
- Repaired & conscious - representative of how you wish others to relate with you?
- Drivers license abstract clean (tickets handled)
- Savings/escrow for replacement

HOUSE

- Kitchen cupboards and drawers conscious
- Bedroom drawers and closet conscious
- Living room conscious
- Bathroom working correctly & conscious
- Outside repairs conscious
- Garage/carport organized/conscious
- Filing system organized and conscious
- Kitchen - sanitary, neat and organized
- Insurance - current, accurate & appropriate.
- If I walked through your house, about what would you be embarrassed?

MISC

- Return dates set on loaned & borrowed items
- Emergency supplies - food-water - first-aid-kit (30— 60— 90— ? — days)
- Health care (medical - dental - drugs) being handled responsibly
- Withholds delivered or scheduled to be delivered
- Correspondence being handled - acknowledgments delivered
- Broken agreements acknowledged/recreated
- Name/address/records errors (ss, employment, school, birth, mail)
- Lies & secrets acknowledged/dissolved/communicated
- Upsets resolved (take out the source or resolve it so it isn't upsetting.
- Living will/trust notarized.

INTEGRITY CHECK LIST HEALTH

What are you addicted to that you believe isn't healthy for you? _____

What have you healed? _____

When was the last time you did a liquids only fast? Month ___ Year ___ For how long? ___

Are you at the weight that supports your aliveness? Yes ___ No ___

How many minutes per week do you exercise? _____. (Average for the last six months)

What is your blood pressure? Systolic ___ Diastolic ___ Don't know ___

What is your cholesterol level? _____ HDL ___ LDL ___ Don't know ___

When was the last time you had an AIDS check? _____ Never ___

What do you consider to be your primary health problem? _____

What do you sense will become a health problem for you if you don't address it? _____

Are you satisfied with sex? Yes ___ No ___

What health problem of yours reoccurs most frequently? _____

What would you consider hiding from another about your health? _____

What pain/symptom are you ignoring? _____

Circle

[1 = not good or poor

10 = very good or excellent]

Experience of health:	[1 2 3 4 5 6 7 8 9 10]
Feeling of aliveness:	[1 2 3 4 5 6 7 8 9 10]
Muscle tone:	[1 2 3 4 5 6 7 8 9 10]
Elimination system:	[1 2 3 4 5 6 7 8 9 10]
Diet:	[1 2 3 4 5 6 7 8 9 10]
Hearing:	[1 2 3 4 5 6 7 8 9 10]
Eyes:	[1 2 3 4 5 6 7 8 9 10]
Teeth:	[1 2 3 4 5 6 7 8 9 10]
Back:	[1 2 3 4 5 6 7 8 9 10]
Neck:	[1 2 3 4 5 6 7 8 9 10]
Knees:	[1 2 3 4 5 6 7 8 9 10]

Note: Whenever you are stuck and wish to create space for an intention to manifest itself—complete an item on this list. Power is the rate at which you cycle through Start-Do-Complete.

For permission to use/copy this list call Kerrith H. (Kerry) King, Communication Skills Consultant, at 808-965-6036