

THE FOUR PILLARS OF INTEGRITY

Integrity: (n.) the quality or state of wholeness, congruence, alignment

EMOTIONAL INTELLIGENCE

- Welcome all authentic emotions as energy moving through you
- Know what you're feeling when you feel it – discriminate between thoughts and sensations
- Express your feelings in a way that fully matches your experience.
- Get curious about what you can learn from your feelings
- Be a space that allows others to fully experience and express all of their feelings

IMPECCABLE AGREEMENTS

- Only make agreements you want to make, with clear definitions of "what" and "when"
- Keep the agreements you do make
- Change agreements that aren't working for you and clean up any broken agreements
- Experience your agreements as a source of increased energy rather than a burden

HEALTHY RESPONSIBILITY

- Take 100% responsibility for all of your experiences.
- Shift out of defensive postures
- Be curious about how you are creating the results that are occurring in your life.
- Open up to learning from all experiences
- Inspire others to take 100% responsibility for their experiences.

CONSCIOUS COMMUNICATION

- Listen with the intention of genuinely understanding the experience of the other person.
- Listen for accuracy, emotion and the deepest longing.
- Speak in a way that is unarguable – note that your perspective is always subjective
- Make clear, direct requests instead of generalized complaints
- Commit to reveal and not conceal by expressing your authentic experiences, even under duress.