

# I stand in integrity

## **I stand in integrity.**

I choose to be impeccable with my integrity. This is a hallmark value for me. I am upgrading my values. I am stalwart in my resolve.

**By creating higher values, I stay in integrity with myself.** I resolve to always be true to me. I resolve to be impeccable in all my dealings with others and with myself.

I feel my spine straighten up. I feel my strength in my resolve. I realize that when I am clear with my values, I set a new standard of living. I raise the bar.

I feel a firm foundation of truth under my feet. **I stand tall.** I am happy that I honor my truth.

With this newfound strength, I can do anything.

I can rise above any challenge. I feel my firm foundation and grow in courage and strength. Like the mighty Oak tree, I have deep roots. All my dealings are from a place of honesty.

I am authentic to who I truly am.

I speak only the truth. I am clear with my boundaries. I stride fearlessly into the unknown, knowing that I can overcome any obstacles.

Today, I am clear about what to do in any circumstance. I know my purpose. I see my mission. I am solid. I have built my castle on a firm foundation of impeccability and integrity.

## **Self-Reflection Questions:**

1. How can I increase my impeccability?
2. What can I do to raise the bar on my own integrity?
3. What do I need in order to live my truth?