

INTEGRITY CHECKLIST

You can **accelerate your creativity, evolution and success** in your life by consciously addressing your integrity – meaning your connection / relationship / oneness with all people and all things.

The “to do” list contains items that represent items that likely drain your energy. Releasing these will re-integrate and vitalize you.

Begin the checklist by inserting the completion date targeted for the item in the left hand column under Completion Date.

Tick off each item as it is completed. You will feel so much better as you complete the list.

Name: _____

I now agree with myself to complete the entire Integrity Checklist by: _____

To Do	Completion Date	Tick Complete
1. Deliver any undelivered communications		
• Letters to be written		
• Acknowledgements to be written		
• Broken promises to be acknowledged		
• Any lies to be cleaned up		
• Anything hidden or held secret to be communicated		
2. Resolve any broken agreements		
3. Clean your living space totally		
4. Clean your car thoroughly		
5. Clean your office space		
6. Complete any unended cycles		
7. Organize your personal files		
8. Balance your bank account		
9. Pay your bills or make new agreements with your creditors.		
Other items ?		

From The Book “Creation Journeys – A Travellers Guide for Earthlings”

“Integrity is the essence of everything” – Buckminster Fuller