

## Integrity Inventory

For the purposes of this inventory and in regards to prosperity, integrity is defined as those behaviors, attitudes, and habits that increase workability in one's life. That is, something that makes your life work more easily, effortlessly and with grace. It is not a moral stance, but a life principle, that when implemented in life, increases joy, ease and abundance.

The following inventory is a tool used a foundation for building a life filled with prosperity and abundance

Physical Environment	Finances
<ul style="list-style-type: none"> <li>• My house is clean and tidy.</li> <li>• My belongings are organized in such a way that I can quickly find what I want and need.</li> <li>• I de-clutter regularly so that the things in my environment are used, valued and treasured.</li> <li>• I file paperwork that I need and throw out that which I do not.</li> <li>• My files are neat and well organized.</li> <li>• My car is clean and in good working order.</li> <li>• My workspace is tidy, organized, and welcoming.</li> <li>• My garage, attic, and other storage areas are clean and well organized.</li> <li>• I live in a home environment that I choose, actively create and love.</li> <li>• My physical environment is a reflection of my highest notion of myself.</li> </ul>	<ul style="list-style-type: none"> <li>• I always pay my bills on time.</li> <li>• My taxes are completed, up-to-date and filed on time.</li> <li>• My financial goals are written down and reviewed with someone on a regular basis.</li> <li>• I am not debting.</li> <li>• I know what my monthly expenses and revenues are.</li> <li>• My income reflects my earning values and sense of worth.</li> <li>• I can give a quick and accurate account of my net worth.</li> <li>• I save and/or invest regularly.</li> <li>• I have paid, am paying, or have a plan to pay all past and current debts.</li> <li>• I have a ready reserve fund to draw upon if needed for emergencies.</li> </ul>

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Productivity	Well Being
<ul style="list-style-type: none"> <li>• I do not squander precious resources of time or money in addictive behavior.</li> <li>• I schedule my time according to the things that are most important to me and live my life according to my schedule.</li> <li>• My schedule, appointment book, or PDA are a reflection of the person I am.</li> <li>• I regularly spend time planning for my day/week/month/year and regularly review my plan.</li> <li>• I always finish and put away one task or project (or the piece of the project I decided to complete) before beginning another task or project.</li> <li>• I can always be counted on to be on time.</li> <li>• I ask someone to hold me accountable to doing tasks that I find difficult and tend to otherwise procrastinate.</li> <li>• I have a coach or other strong support person who works with me on the fulfillment of my plans.</li> <li>• I focus on the present moment's activity, neither fretting about the past nor anxious about what needs to be done in the future.</li> <li>• I complete things on time or communicate when I do not to those involved.</li> </ul>	<ul style="list-style-type: none"> <li>• I am at my ideal weight or working toward a plan to achieve it.</li> <li>• I schedule and regularly engage in exercise and recreational pursuits.</li> <li>• My clothes are well kept and represent my best self.</li> <li>• I keep myself well groomed and value my appearance.</li> <li>• I do not engage in addictive behavior.</li> <li>• I am working with a professional advisor around any emotional, psychological, or behavioral areas that present challenges or problems for me.</li> <li>• My life is well-balanced with love, work, play, depth and meaning.</li> <li>• I work with a health care practitioner and follow their advice.</li> <li>• I regularly schedule time off to rest and play.</li> <li>• I do not maintain a chronically chaotic, hectic pace.</li> </ul>

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