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I treat every relationship as if it is my only one. ***The people who come in and out of my life deserve to be treated fairly.*** I approach all relationships with unquestionable integrity.

When I deny my kids something they want, I am sure to tell them why. I avoid making up an excuse for being unable to get it. It is important to me to be honest so they can trust what I say.

I am honest with co-workers I am competing against for a promotion. If there is information to be shared among us, I share it. I avoid withholding information for personal gain.

It is important that people can take my words and actions at face value. I feel peace of mind when I am completely honest.

Even though my honesty may produce unfavorable results, I feel better maintaining my integrity.

My focus is to act in accordance with my

morals and conscience. ***If I can be true to myself, I know I can be true to others.*** I believe my ability to maintain integrity starts from within.

Today, I celebrate my relationships. I love the fact that people around me feel safe in my presence. I treat others how I want to be treated. I know friends and strangers alike see my actions as honorable.

Self-Reflection Questions:

1. Am I honest with others when I realize they try to deceive me?
2. Are there relationships I am forced to put aside because the other person does not act with integrity?
3. What lessons do I teach my kids about relationships and integrity?