

The Joy Codex Elements In Action

Integrity

Elevate Integrity

Little or No Integrity

1	Deep knowledge of personal values, ethics, morals, and spirituality.	1	Little knowledge of personal values, ethics, morals, and spirituality.
2	Doing the "right thing" all the time, even when no one is looking.	2	Doing the "incorrect thing" to benefit oneself.
3	Communicating with cognitive intention and integrity at all times.	3	Communicating with negative intent, causing pain, suffering, and resentment.
4	Cognitive Integrity, knowing thoughts influence emotions and behavior.	4	Not knowing or caring about how thoughts influence emotions and behavior.
5	Searching for solutions to improve the life of self and others.	5	No intention to improve the life of self and others.
6	Knowing that perfectionism is subjective and you do your best in all things.	6	Everyone must be perfect at all times.
7	Acting with the intention of integrity in all matters.	7	Acting without integrity.
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Use the spaces provided to add the items you have identified that elevate integrity and the items that don't. How do your thoughts influence your integrity with regard for self and others? How will you elevate integrity and what is the opposite of your action item, how will you know when it isn't demonstrated?