

INTEGRITY CHECKLIST - 1997

*This checklist is offered to you to support you in being consciously in integrity (wholeness). The purpose of this list is to assist you in acknowledging and completing any incompletes in your life, so that you may journey through 1997 with a clear mind and an open heart, free of any "loose ends" or dangling bothers. To begin, list any incompletes on the back of this paper. Be brave enough to list them all! Then use the front to keep track of your progress as you release the baggage of the past and become available to the fullness of the present moments of your new year.*

My agreement with myself is to complete the following by the target dates listed below. I also agree to love myself through this process and to acknowledge myself for my best effort.

(Signed) \_\_\_\_\_ Date \_\_\_\_\_

	<u>Target Date</u>	<u>Complete</u>
A. I deliver any undelivered communications.	_____	_____
1. Letters to be written	_____	_____
2. Acknowledgments to be given or received	_____	_____
3. Broken promises to be acknowledged	_____	_____
4. Any lies to be cleaned up	_____	_____
5. Anything hidden or held secret to be communicated	_____	_____
B. I resolve any broken agreements.	_____	_____
C. I resolve any upsets in my life (I communicate, I clean up, I release.)	_____	_____
D. I completely clean my living space.	_____	_____
E. I clean my car thoroughly.	_____	_____
F. I clean my purse and/or wallet.	_____	_____
G. I clean my office space thoroughly.	_____	_____
H. I clean out and organize my personal files.	_____	_____
I. I complete any unended cycles on my desk.	_____	_____
J. I fix or get rid of anything that does not work.	_____	_____
K. I throw or give away what I do not use or wear.	_____	_____
L. I balance my checkbook.	_____	_____
M. I pay my bills or make arrangements with my creditors.	_____	_____
N. I organize my financial records.	_____	_____
O. I pay any taxes due and put my tax records in order.	_____	_____
P. I collect and I pay any money owed.	_____	_____
Q. I return anything borrowed, and I receive back anything lent.	_____	_____
R. I handle, or I prepare a plan to handle, anything that abuses my spirit, my mind or my body.	_____	_____
S. I bring into my primary relationships any needed agreements or ground rules which support me.	_____	_____
T. I complete any broken agreements with institutions (traffic tickets, etc.)	_____	_____
U. I let everyone who is important to me know that I love them.	_____	_____
V. Other _____	_____	_____
X. Other _____	_____	_____
Y. Other _____	_____	_____
Z. Other _____	_____	_____