



# HONOR YOURSELF

## LIVE WITH INTEGRITY

*People with integrity share 12 characteristics. They should be treated as guideposts in your journey through life.*

### **VALUE INTEGRITY.**

Recognize who you are and the values that you aspire to. Be prepared to compromise your viewpoint, but never your principles.

### **BE TRUE TO YOURSELF.**

Trust your instincts rather than seeking validation from others. You have to live with yourself for the rest of your life.

### **KEEP GOOD COMPANY.**

Surround yourself with honorable people. Allow them to serve as role models and sounding boards that inspire you to become a better you.

### **BE CONFIDENT.**

Don't let your behavior be influenced by others who do not share your values; hold yourself to a much higher standard — your conscience.

### **DO WHAT'S RIGHT.**

Make good choices. Follow the spirit as well as the letter of the law.

### **BE HONEST AND TRANSPARENT.**

When you stand for honesty, everything you say carries the voice of credibility. But when you're dishonest, your soiled reputation will do the speaking for you.

### **HONOR YOUR WORD.**

Every time you make a promise, you put your honor and integrity on the line.

### **BE LOYAL.**

When you live with honor, people know your behavior is reliable, your heart is in the right place, and your word is as good as gold.

### **ACCEPT PERSONAL RESPONSIBILITY.**

Accept the consequences of your actions. Knowing what's right isn't as important as doing what's right.

### **BE RESILIENT.**

Hard work and sacrifice build character, contribute to success, and promote happiness.

### **MAKE A DIFFERENCE.**

Make people feel special; bring out the best in them; help them without expecting something in return; be genuinely happy for their achievements.

### **LIVE FOR A CAUSE GREATER THAN YOURSELF.**

Find your life's purpose. It will inspire you, keep you grounded, and provide stability regardless of the turbulence in your life.



## About Frank Sonnenberg

Frank is an award-winning author. He has written six books and over 300 articles. Frank was recently named one of “America's Top 100 Thought Leaders” and one of America’s Most Influential Small Business Experts. Frank has served on several boards and has consulted to some of the largest and most respected companies in the world. Additionally, *FrankSonnenbergOnline* was named among the “Best 21st Century Leadership Blogs,” among the “Top 100 Socially-Shared Leadership Blogs,” and one of the “Best Inspirational Blogs On the Planet.” Frank’s new book, *BookSmart: Hundreds of real-world lessons for success and happiness* was released November 2016. © 2017 Frank Sonnenberg. All rights reserved.

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