INTEGRITY CHECKLIST

Begin the checklist by inserting the completion date targeted for the item in the left-hand column under Completion Date. Check off each item as it is completed.

NAME _____

I now agree to complete the Integrity Checklist by _____

COMPLETION DATE	TO DO
_____	☐ 1. Deliver any undelivered communications. ☐ a. Letters to be written ☐ b. Acknowledgements ☐ 1. to be given ☐ 2. to be received ☐ c. Withheld criticisms to be communicated. ☐ d. Broken promises to be acknowledged. ☐ e. Lies transformed into truths. ☐ f. Anything hidden or held secret to be communicated.
_____	☐ 2. Resolve any broken agreements.
_____	☐ 3. Resolve any upsets in your space. (Clean it up, leave it, or get rid of it)
_____	☐ 4. Clean your living space totally.
_____	☐ 5. Clean your car thoroughly.
_____	☐ 6. Clean your office space.
_____	☐ 7. Clean out and organize your personal files.
_____	☐ 8. Complete any unended cycles on your desk.
_____	☐ 9. Fix or get rid of anything that does not work.
_____	☐ 10. Throw or give away what you don't use or wear.
_____	☐ 11. Balance your checkbook.
_____	☐ 12. Pay your bills or make arrangements (new agreements) with creditors.
_____	☐ 13. Organize your financial records and put them in order.
_____	☐ 14. Pay any taxes due and bring tax information up to date.
_____	☐ 15. Collect and pay any money owed.
_____	☐ 16. Return anything borrowed and no longer needed and get back anything lent and now wanted.
_____	☐ 17. Handle or prepare a plan to handle anything which abuses your spirit, mental functioning, and or body.
_____	☐ 18. Handle your primary relationships so that you have mutual agreements and ground rules which support both of you.
_____	☐ 19. Acknowledge any regrets and resentments in your relationships.
_____	☐ 20. Handle any broken agreements with social institutions (traffic tickets, etc.).