

A portrait of a woman with short, reddish-brown hair, smiling. She is wearing a black top and small pearl earrings. The background is a plain, light-colored wall. The text 'HOW TO LIVE IN INTEGRITY' is overlaid on the left side of the image.

HOW TO LIVE
IN INTEGRITY

Laura
CARROCCI

INTEGRITY

To live in one truth, as one person.

This workbook follows on from the audio podcast 'People Pleasing' Episode 24, Your Life Designed Podcast with Laura Carrocci. Please listen to this podcast before completing the workbook. You can listen in here: <https://lauracarrocci.com/podcast/>

LIVING IN INTEGRITY

WHERE ARE YOU OUT OF INTEGRITY

Where are you living out of integrity?

Where are you not feeling what you feel?

Where are you not saying what you believe?

Where are you pretending?

Where are you not doing what you feel is right?

Where are you trying to control an outcome?

Where are you attempting to manage others' perceptions of you?

Where in your life do you restrain yourself (I call this showing up as the diet version of you)?

Where are you living out of alignment with your true self?

Where are you pretending?

Where are you faking?

Where are you lying?

Look back over your answers above. How does this make you feel?

If you continue to live like this, what will it cost you?

What does 'living in total integrity' mean to you?

What will you have to release in order to live in total integrity?

Do you accept you cannot control what other people think of you?

If you were to live in total integrity what needs to change?

What conversations need to be had in order to do this?

If you have relationships that are built on a version of you that is out of integrity people may well be shocked when you change this and that is not their fault. If the relationship is important to you the best process I know is to have the conversation. Explain that you will be doing things differently. That you want to be honest and upfront and not pretend you have the capacity, desire or interest to do things when you actually don't. Tell them you respect them and value the relationship and that is why you are doing this. That you want the relationship to be strong and last a lifetime. Then release the desire to control their response to this and get on with being honest.

lc.

e LAURA@LAURACARROCCI.COM
w LAURACARROCCI.COM
p +61 (0) 408 260 208