

# INTEGRITY, INTUITION & STRENGTH

by Cynthia H. Stringer



## A. Integrity

Personal integrity and completeness with myself opens the space for me to focus on another, to give and receive all that I am.

Integrity, as defined by Random House and Webster's dictionaries:

1. Soundness of moral character.
2. Unimpaired condition.
3. The quality of being whole or complete, both in linear terms but also in pictures, words, images, feelings, various levels of integrity; what happens when not in integrity: tired, not motivated, depressed, saboteur, etc.

**Old habits and ways of being are best changed by replacing them with something better**

### TELL THE TRUTH

- ◆ Eliminate what doesn't serve you: tolerations, incompletions, lies,
- ◆ Orient your life around what matters most: values, strengths
- ◆ Life as Your mission
- ◆ Identify your vision
- ◆ What stops you?
- ◆ Using intuition (click here to navigate there)

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### EXAMPLES

In action: different from talking/thinking; raise standards of what's possible and acceptable.

Ask yourself: where is my life in integrity where is it not: wheel of life.

Really get the meat of something: what really is going on? Redesign/reframe the situation.

The Integrity Value Chart is designed to give you a tool for reference throughout your coaching experience with me and to be used generously in your life. Old habits and ways of being are best changed by **replacing** them with something better, something more joyous, constructive, something chosen and created from your new awareness and being. This takes **doing**. This takes **being**.

If you're not empowered, you're looking at it wrong. If you haven't invented a powerful interpretation in specified time, find someone who has a powerful interpretation and adopt theirs. Use your coach in this way. Your coach is trained to have powerful ways of looking at situations.

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Cynthia H. Stringer, President of *Success By Design Inc.*, offers coaching programs & presentations that educate and inspire! Contact Cynthia via e-mail at [cynthia@successbydesign.net](mailto:cynthia@successbydesign.net). For further information and to subscribe to the free newsletter, visit her website. © Copyright Success By Design, 2001. All rights reserved.

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## PREVIOUS

### RESOURCES:

- ◆ Wheel of Life, as on the web site under 'Handouts and Notes'
- ◆ Integrity in Action Training Program and Assessment
- ◆ Book: The Power of Now by E. Tolle
- ◆ Book: The Power of Flow Charlene Belitz & Meg Lundstrom
- ◆ The Mind Mapping Technique (on the website in the 'Handouts and Notes' section)

### ACT AS IF.....

- ◆ Act as if it was as natural as breathing for you to trust and follow your intuition. This will heighten awareness of the messages that are coming to you all the time. Most of us hold the perception that we can only trust and follow tangible evidence that comes in our path. It takes a leap of faith to begin to trust and follow your intuition.
- ◆ Everything around you held clues for what would serve you best.
- ◆ You are bombarded every second of every day with hundreds of intuitive messages and you are completely clear, free and willing to see, hear and feel them.
- ◆ You possess and have access to every bit of knowledge and wisdom you will ever need.

### TRUST AND ACCEPT FULLY THAT INTUITION EXISTS.

- ◆ What judgements do you hold about intuition?
- ◆ What fears do you have about using your intuition fully?

- ◆ What holds you back from always acting on your intuition?

### B. TOOLS FOR INTUITION

- ◆ Positive Focus as described by John Roger in his book the Spiritual Warrior [www.msia.org](http://www.msia.org)
- ◆ Collages of your images and photos and words
- ◆ Automatic writing (great passage in John Rogers book on Spiritual Warrior)
- ◆ Walk and movement to allow for your intuition to be loosened
- ◆ Pick an object or symbol to come to your awareness as a key for your intuitive powers to show themselves
- ◆ Ask an open ended question focusing on your goal and allow for images, impressions, thoughts to come to your mind.
- ◆ Start a sentence with a positive affirmation (I have an essay on this, let me know if you want it) such as: "Since I am already an abundant and powerful person my intuition would share with me to do."

### JOURNALING

- ◆ By journaling we begin to see the process that is taking place.
- ◆ Patterns begin to show up where you were acting on intuition and where you were not. You can also see the consequences of acting or not acting on your intuition.

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## PREVIOUS

### MEDITATION AND STILLNESS

Meditation and stillness clears the mind. It takes us to a place where conscious thoughts are not distracting us.

### DETACH FROM THE OUTCOME

When we are attached to an outcome we don't allow the space for intuitive messages to reach us. If we do hear these messages they can seem confusing to us since it can often be contrary.



## BOOKS

*Creative Visualization*—Shakti Gawain  
*Living In The Light*—Shakti Gawain  
*The Psychic Pathway*—Sonia Choquette  
*The Intuitive Way: A Guide To Living From Inner Wisdom*—Penny Pierce  
*Practical Intuition*—Laura Day  
*Awakening Intuition*—Mona Lisa Schultze  
*Seven Steps To Developing Your Intuitive Powers*—Betty Bethards  
*The Purpose of Your Life: Finding Your Place In The World Using Synchronicity, Intuition and Uncommon Sense*—Carol Adrienne  
*Intuition Workbook: An Expert's Guide to Unlocking The Wisdom of Your Subconscious Mind*—Dr. Marcia Emery  
Mindmapping—Joyce Wycoff  
Intuition Workout—Nancy Rosanoff  
“The Complete Idiot’s Guide to Making Money Through Intuition”—Nancy Rosanoff

“The Sixth Sense”—Belleruth Naparstek what we feel the outcome should be.

“You Already Know What To Do”—Sharon Franquemont

“Financial Independence Manual”—Phillip Cohen & Laura Hess, at [laura@sparckint.com](mailto:laura@sparckint.com).



## C. STRENGTH

Send these questions to your allies or friends to gain insight about who you are.

- ◆ What is the 1st thing you think of when you think of me?
- ◆ What is the most interesting thing about me?
- ◆ What is my greatest accomplishment?
- ◆ What is my greatest strength?

**Step one:** On a piece of paper, create a list of all your strengths/gifts

**Step two:** On a different piece of paper, make a list of strengths/gifts other people see in you. (Judgement isn't allowed. If someone says it about you, put it down.)

**Step three:** Look at list two. Of the things on the list that you don't believe, why do you think someone would say it. What do they see that you might not?