

Module 1: The Integrity Model

- The process of self-mastery
- The flaw inherent in the common symbols of success
- A new definition of success based upon your personal paradigm
- The power of your personal paradigm
- Four different paradigms from which people live
- The core beliefs of each paradigm

Module 2: Conquer Your Key Moments

- How you respond to challenging or upsetting events (key moments)
- To explore and understand the patterns in your responses to key moments
- A process for exploring the consequences of your behavior
- To choose positive behaviors and feelings during your key moments
- To identify and challenge the distortions in your interpretations
- A method for changing weakening beliefs to empowering beliefs

Module 3: Embrace Reality

- Understand the nature of reality
- Learn the importance of aligning your life to reality
- Accept some of the “difficult” realities of your life
- Explore and “let go” of resentments, complaints, and blame
- Learn to live in the “here and now”

Module 4: Exercise Responsibility

- Learn the meaning and nature of personal responsibility
- Understand how you avoid taking responsibility for yourself
- Assess your willingness to accept personal responsibility
- See the choices available in your life
- Understand the power and freedom that comes from accepting responsibility

Module 5: Clarify Your Vision

- Understand the meaning and power of vision
- Clarify your personal vision
- Evaluate the thoughts that keep you from living your vision
- Set goals to achieve your vision

Module 6: Define Your Purpose

- Understand the difference between three kinds of vision
- Write your personal purpose statement
- Clarify your guiding principles
- Develop affirmations to support you in living your purpose and guiding principles
- Use the technique of visualization to make your vision a reality

Module 7: Act With Integrity

- Understand the meaning of personal integrity
- Recognize when you are acting from personal integrity
- Know the symptoms and consequences of self-betrayal
- Learn to let what “matters most” govern what “matters least”
- Deepen your commitment to what is most important
- Learn to make your behavior more congruent with what is most important to you

Module 8: Value Who You Are

- Understand the meaning and importance of self-esteem
- Become the primary source of your self-esteem
- Accept your imperfections
- Learn to make time for self-renewal
- Acknowledge and build upon your strengths
- Maintain an attitude of gratitude