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"I reach a level of maturity the moment I stop judging and blaming others for what happens in my life" Anthony de Mello

"Integrity: Is That Something You May Lose?"

By Ira Franco Your Partner - Your Life Coach

People have both, needs and values. These can be defined as physical needs which are basic requirements for food, water, shelter, and clothing. The emotional needs involve the feeling that you are accepted, loved, honored and respected. Values are a set of ideas or beliefs that a person considers important. They are the guiding force behind one's decisions and actions.

Why is important to identify your own needs and values?
What do you consider to be your essential needs?
What are your values and why do they matter to you?

According to the Webster's Dictionary, integrity develops from an understanding of your needs and values; a person's integrity drives their actions, their life. Lacking or losing your integrity means that your emotional needs have been compromised; many times people justify their actions depending upon the situation they are in. Therefore, they are no longer perceived in the same way.

Remember that your life is full of situations where you must remember your needs, respect and uphold your values, and be guided by your integrity.

(*) Sesiones Disponibles en Español