

# PARALLEL LEADERS

## O21: KELLY STICKEL 7 COMMON TRAITS OF INTEGRITY

### 1. Expressing gratitude for others.

Individuals with integrity acknowledge that their friends, colleagues, and community contribute to their well-being. They express gratitude by regularly offering a simple but sincere thank you. They may also take the initiative to write a thoughtful note to someone who has assisted them with a critical project or go the extra mile to give a gift to a friend who has supported them through a challenging period. In essence, exhibiting gratitude is a hallmark of individuals who embody integrity.

### 2. Valuing honesty and openness.

Individuals with integrity do not shy away from difficult conversations or situations. They are willing to openly address their conflicts with others instead of suppressing their feelings and harboring resentment.

Integrity means an individual's moral principles are more important than personal comfort. Honesty can be uncomfortable, but someone with integrity is willing to have an honest conversation as long as it's done in the right context and respectfully.

Learning how to confront someone without being disrespectful is essential. The goal is to be truthful, honest, and open, without ever crossing the line into disrespect.

### 3. Taking responsibility and accountability for your actions.

This means that even when you fall short or miss the mark, you are willing to own up to your mistakes and learn from them. It's easy to take credit for your successes, but it takes true integrity to admit when you've made a mistake.

Sometimes, admitting fault can feel like spending a coin from our pocket of trust. However, we fail to realize that the coin was already removed. Admitting a mistake can actually be the best way to regain trust. In fact, the person we're confessing to often

knows we made a mistake.

By admitting our mistakes, we show another level of integrity which builds even more trust. It's important to remember that taking responsibility for our actions, both good and bad, is essential to living a life of integrity.

#### **4. Respect yourself and others around you no matter where you are.**

This is especially crucial in the workplace and volunteering situations. While boundaries are often associated with negative situations, they can also be a positive aspect of integrity and trust-building. By setting clear boundaries, individuals can live in alignment with their values and ensure they are at peace with themselves. Establishing boundaries to clarify access based on responsibility can help individuals decide who they allow access to and the level of access they give to others.

#### **5. Helping those in need without sacrificing your own health.**

This is an important topic to discuss, especially in care-focused settings like the church.

Helping others is noble, but we should never attempt to replace God because we cannot do everything or be everything to everybody. When we try to help everyone without limits, we eventually deplete our resources, resulting in a lack of integrity and trust from the people we are trying to help.

People with integrity are inclined to help others, but their ability to recognize their limits sets them apart from others. They will assist others with their time, skills, and even finances, but they will prioritize self-care, replenishing themselves so that they can endure the marathon of service and not just the sprint.

#### **6. Demonstrating reliability and trustworthiness.**

Reliability and trustworthiness are essential traits of integrity. Building trust is vital in all aspects of life, particularly in maintaining integrity in the workplace. As a member of a team or organization, people rely on you to fulfill your commitments.

If you fail to do so, there will be repercussions not just for yourself, but for those around you. Being trustworthy and dependable consistently is essential for living a life of integrity.

## 7. Showing patience and flexibility, even when unexpected obstacles show up.

The seventh characteristic of integrity is the ability to display patience and adaptability, even when unforeseen challenges arise. While it may be difficult to demonstrate these qualities, they are critical to maintaining integrity in all areas of life, including the workplace.

Integrity means staying patient and flexible in the face of unexpected obstacles. Individuals with strong integrity overcome these obstacles with resilience. For instance, losing a job can be devastating, but a person with integrity will eventually see it as an opportunity for personal growth. They can take positive steps forward by exercising patience and adjusting their expectations.

### DISCUSSION QUESTIONS + ACTION STEPS

1

How do you express gratitude for the people in your life, and how can you cultivate this practice further to develop greater integrity?

2

Have you taken responsibility and accountability for your actions in the past, even when it was difficult to do so? What steps can you take to become more comfortable with admitting mistakes?

3

How do you approach unexpected obstacles in your life, and how can you develop greater resilience and flexibility in these situations? How can integrity help you navigate these challenges with greater grace and ease

