Integrity
*Match behavior with values*
Demonstrate your positive personal values in all you do and say. Be sincere and real.

Failure Leads to Success
*Learn from mistakes*
View failures as feedback that provides you with the information you need to learn, grow, and succeed.

Speak with Good Purpose
*Speak honestly and kindly*
Think before you speak. Make sure your intention is positive and your words are sincere.

This Is It!
*Make the most of every moment*
Focus your attention on the present moment. Keep a positive attitude.

Commitment
*Make your dreams happen*
Take positive action. Follow your vision without wavering.

Ownership
*Take responsibility for actions*
Be responsible for your thoughts, feelings, words, and actions. “Own” the choices you make and the results that follow.

Flexibility
*Be willing to do things differently*
Recognize what’s not working and be willing to change what you’re doing to achieve your goal.

Balance
*Live your best life*
Be mindful of self and others while focusing on what’s meaningful and important in your life. Inner happiness and fulfillment come when your mind, body, and emotions are nurtured by the choices you make.
Keep a healthy mind, body and spirit
– I stay aware of what's important.
– I use my time according to my highest priorities.
– I balance my activities to nourish my mind, body, spirit and emotions.

I make positive choices.
– I have a clear vision and solidly follow it.
– I do whatever it takes to get the job done.
– I keep my word.
– I follow through on my promises to myself and others.

Do whatever it takes
– I am accountable for my actions.
– I take responsibility naturally.
– I see what needs to be done and do it.
– I own what I feel, say and do.

Take responsibility for actions
– I keep my goals in view and change strategies easily when necessary to reach them.
– When something isn't working, I try another way (no ego here).
– I ask for help when I need it (versus, "I'll do it myself no matter what.").
– I change if needed to reach my goal.

Balance
– I have stated beliefs and values.
– I know and understand them.
– My behavior reflects them.

I do the right thing.
– I am not fearful of making mistakes.
– I take time when mistakes are made to learn from them and improve my system.
– I believe that failures are opportunities for growth.
– I grow by learning from my failures.

Learn from mistakes
– I am focused on my goals and objectives.
– I make the most of every moment.
– I acknowledge and accept where I am, both in good times and in challenging ones.
– I focus on what's happening now.

Speak honestly and kindly
– I speak positively with good intent (no swearing, put-downs, gossip).
– I feel safe to be honest and direct.
– I “walk my talk.”
– I think before I speak and choose my words carefully.

Speak with good purpose
Name: _______________________

This is It!
Alway Mostly Sometimes Almost Never
Always
Mostly
Sometimes
Almost
Never

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