



“ZONED-IN” Integrity Model™

Integrity is a holistic concept. Regardless of the environment we are in (work, family, community or in public), world-class performers strive to show up as the best version of themselves. In order to feel the joy associated with being on this trajectory, we must be clear about who we are, and how we want to show up in the world. In an effort to be proactive and not reactive, let’s get started by writing down what might stand in the way, and then list the 3 words that describe the best version of you or that you aspire to be.

1. The one thing that disables me the most from showing up as my best is: *(e.g. Lack of sleep; constant interruptions.)*

2. The one way I can help mitigate this is: *(e.g. Set boundaries about bedtime and have an evening routine.)*

3. The three words that describe my best self are:
(e.g. Calm, clear, and present)

And they are important because:
(e.g. Calm so I am able to not regret any words or actions; clear so I feel and am seen like a leader; present so others feel heard and valued)

4. The one person I will share or teach this to in the next 48 hours is:

5. The day and time I will do this is:

Day Time

I've blocked this into my calendar?

Yes No

World-class athletes intentionally lock into the best version of them self often. How will you remind yourself daily of your highest sense of integrity... 3 words *(e.g. Sticky notes; alarm in phone; screen saver)?*

...now please update your Overview Worksheet 💡