

# Developing Personal Integrity

2<sup>nd</sup> Edition

Samuel Blankson

*DEVELOPING PERSONAL INTEGRITY*

This book is a work of non-fiction. Names of people and places have been changed to protect their privacy.

Copyright © 2005, by Samuel Blankson. All rights reserved including the right to reproduce this book, or portions thereof, in any form except for the inclusion of brief quotations in a review.

**ISBN 1-4116-2376-2**

## **Dedications**

To God, my wife Uju, and all the leaders from IBS who taught me the meaning of integrity.

*DEVELOPING PERSONAL INTEGRITY*

# Contents

<i>Dedications</i> .....	v
<i>Contents</i> .....	vii
<i>Introduction</i> .....	1
<b>Why I Am Writing This Book</b> .....	3
<i>Chapter 1</i> .....	7
<b>Defining Integrity</b> .....	7
Understanding Integrity .....	9
Definition of Integrity .....	13
Integrity: the Components of the Definition .....	15
Steadfast Adherence .....	15
Being Unimpaired and Undivided .....	16
Continuously Improving .....	17
<i>Chapter 2</i> .....	19
<b>The Founding Principles of Integrity</b> .....	19
Establishing Principles .....	21
Love .....	22
Honesty .....	22
Faith and Hope .....	23
Prudence .....	25
Justice .....	25
Fortitude .....	26
Charity .....	26
Temperance .....	27
<i>Chapter 3</i> .....	31
<b>Adhering Steadfastly to Your Principles</b> .....	31
Integrating the Principles into Your Life .....	33
Love .....	34
Honesty .....	34
Faith and Hope .....	34
Prudence .....	34
Justice .....	35
Fortitude .....	35
Charity .....	35
Temperance .....	36
Avoiding Obstacles of Integrity .....	37
Helplessness .....	38

*DEVELOPING PERSONAL INTEGRITY*

Your Past .....	38
Old Beliefs.....	38
Your Emotional State .....	39
Sloth .....	41
Pride .....	41
Envy .....	42
Wrath.....	42
Desire .....	42
Covetousness and Lust .....	45
Gluttony.....	45
Your Environment.....	48
Home .....	48
Work.....	49
Family and Friends .....	49
Clubs and Associations.....	50
The Media.....	50
Improving Your Adherence to Your Principles .....	52
Hope and Enthusiasm.....	52
Attitude.....	53
Mentors.....	54
Books and Literature, Tapes, and Seminars .....	54
Associations.....	55
<b>Chapter 4.....</b>	<b>59</b>
<b>Making Principles Unimpaired and Undivided.....</b>	<b>59</b>
Guarding Against Integrity Erosion .....	61
Contradictions .....	61
Criticising, Comparing and Complaining.....	63
Criticising .....	63
Comparing .....	64
Complaining.....	65
Making Allowances for Your Benefit .....	68
Your Thoughts.....	69
Your Mind.....	69
Visualisation.....	70
Self-Talk.....	71
<b>Chapter 5.....</b>	<b>75</b>
<b>Dedication to Continuous Improvement.....</b>	<b>75</b>
Monitoring Your Adherence to Your Principles .....	77
Regularly Reviewing Your Progress.....	79
Consistently Working on Raising Your Level of Adherence to Your Principles.....	79

*Summary*..... 83  
*Appendix A* ..... 86  
*Bibliography* ..... 87  
*Notes*..... 91  
*Other Works By Samuel Blankson*..... 93  
*About The Author*..... 112

***“... as with all  
great endeavours,  
the harder the  
struggle the greater  
the victory and  
personal growth”***

## **Introduction**

In the field of human character development, integrity is the last frontier. Many people use the word, but few really know what real integrity is. This book breaks down the fundamental components of personal integrity, and offers a path to attaining it.

Like success or happiness, integrity is a journey not a destination. We can only judge the measure of how far on the path we are through the observation of our inner voice, the voice of our conscience, and through deep contemplation and reflection.

Like a pearl, integrity has many layers, and the removal of a blemished layer reveals a newer layer to be removed. However, unlike the pearl, which diminishes in size and value when layers are removed, we grow in integrity through the removal of elements that compromise our integrity.

This journey of personal excellence is not an easy one. As a friend once said, “When peeling this onion, sometimes you cry.” But in all great endeavours, the harder the struggle, the greater the victory and personal growth.

***“The wider you  
read, the more you  
see the importance  
of integrity in  
attaining real  
happiness and  
success”***