



WHERE DO YOU SELL OUT ON OTHERS?

In today's busy world, we often find ourselves over promising and under delivering. This exercise is an opportunity to get real with yourself about where you've been falling short when it comes to your integrity with others. **COMPLETE THE PROMPTS BELOW:** EXAMPLE: I know I sell out on others in romantic relationships when I come home from work and take it out on my partner. When I don't share my needs: emotional and physical out of fear they won't love me. I manipulate to get my way, so I never truly address their needs. The prices I pay for this are my partner doesn't REALLY know who I am; they only know the version of me I want to show them. I'm not the partner I would want to be with. I'm pushing them away.

1. I know I sell out on others at work when I _____

The prices I pay for this are _____

2. I know I sell out on others in romantic relationships when I _____

The prices I pay for this are _____

3. I know I sell out on others in relationships with friends when I _____

The prices I pay for this are _____

4. I know I sell out on others in relationships with family when I _____

The prices I pay for this are _____

5. I know I sell out on others with money when I _____

The prices I pay for this are _____

6. I know I sell out on others with time when I _____

The prices I pay for this are _____

7. I know I sell out on others with my health when I _____

The prices I pay for this are _____

8. I know I sell out on others with my life's dream or passion when I _____

The prices I pay for this are _____

What are the lies that I've been portraying to others about my life? What would people be surprised to learn isn't true about me? _____

The prices I pay for this are: _____

YOUR STEP OF GREATNESS: Choose **one** of these areas and "make it right" with others. If you're always late, make it a point to always be 10 minutes early. If you owe someone money, do whatever it takes to pay them back. If you owe someone a phone call or an email response...**DO IT.** Start practicing making the SHIFT from a lack of integrity, to being a person of your word. The action may feel small or subtle, but it's **EVERYTHING.**