

13.

In this moment, someone else's trust of you is the measurement of their current relationship with fear.

To your own integrity you must always be trustworthy and accountable.

What others decide to do with their fear is theirs to decide, not ours to defend against.

Be compassionate instead of defensive.

Sample of Finding Your Integrity by Greg McBride.

Please visit gtmcbride.com/blog for the full book!