

Chapter Eight - Attract Success with Integrity

EXCERPT TAKEN FROM KAREN ZIZZO'S BOOK – “ASK AND YOU SHALL RECEIVE™ – SPIRITUAL STRATEGIES FOR SUCCESS IN WORK & LIFE”

“Your true character is revealed by the clarity of your convictions, the choices you make, and the promises you keep. Hold strongly to your principles and refuse to follow the currents of convenience.”

Mac Anderson

“Your thoughts become your words, your words become your actions; your actions become your habits, your habits create your destiny.”

Gandhi

Wisdom is knowledge of the right path to take ... integrity is taking it.

Simply put, when you have integrity, your words and your deeds match up.

John Maxwell says, *“Integrity is not what we do as much as whom we are. And who we are, in turn, determines what we do.”*

Integrity is never easy, but most of all requires self-discipline, inner trust and honesty at all times. Practice integrity by saying what you will do and then doing what you have promised.

Look for the best in everyone and encourage and help others through sharing a compliment ... voicing positive words ..., but, most importantly conducting your life from a place of love.

The energy of love can overcome anything. Mother Teresa said that *“we can do no great things, only small things with great love.”* Many times we

think that if we are only one person, how can we make any significant change in the world?

Can you imagine what an impact we could have if we practiced doing all things with great love. Others would see our example and do the same and we would ultimately impact thousands.

Be true to your convictions. With every decision you make, you are shaping the person you will become. Choosing right over wrong, truth over popularity...these are the choices that will measure your life and become the values you live by. Remember the Golden Rule, "*Do unto others as you would have done onto you.*"

We have also heard the saying that what goes around comes around. Jesus, while he was on earth, was teaching the law of cause and effect, one of the natural laws of the universe.

It is interesting to note that every religious faith that I have listed below has some version of the golden rule:

Christianity:

Do unto others as you would have done unto you.

Islam:

No one of you is a believer until he loves for his neighbour what he loves for himself.

Judaism:

What is hateful to you, do not do to your fellow man.

Buddhism:

This is the sum of duty; do not unto others what you would not have them do unto you.

Confucianism:

What you do not want done to yourself, do not do to others.

Bahai:

And if thine eyes be turned toward justice, choose thou for thy neighbour that which thou chooseth for thyself.

People always remember not what you know, but how you treated them so remember to treat people well at all times.

Your honesty and your character should clearly communicate not only that you are a good person but that a spirit of truth lives in you and that you can only speak and act out the truth in all parts of your life, including your business dealings. That is integrity.

I have found that humble leaders can go about their business and work with integrity because their definition of success differs from the world's measure. When you consider the unethical and criminal behaviour of some corporate leaders over recent years, it is more important than ever for businesses to employ good people of integrity who apply spiritual principles and perform their job with a strong sense of ethics and values, regardless of position.

If your faith or spirituality doesn't make a difference in the things that make a difference, then what's the difference? I believe that the basis of integrity in business should be the consistent application of a helpful, positive and loving attitude towards others at all times. I have found that this can only be accomplished by surrendering oneself to a higher source who can give us strength and courage on a daily basis.

I have committed to my higher power my career and business future - all of it. I will accept the results, no matter what, and just try each day to be a good ambassador for Him.

I somehow suspect that it will be a faith walk, exciting and wonderful all at the same time. I also know that God has made incredible things happen in my business that I know I could never have done alone. He has already sent me some special people and circumstances to help me live out my mission.

It is no longer about me and my ego (EGO – Edging God Out) it really is doing what God wants me to do with my life and my business. I am willing to give up my control to Him and I know in the end it will be the very best course as only God knows our true destiny.

We cannot compartmentalize our spirituality or relegate it to Sundays only. Our career and our spirituality are rolled up together. God dwells within you wherever you are. The whole world is the arena of His divine activity.

You may ask how to apply spiritual principles to every aspect of my life.

- 1) ***Do all things in a positive spirit, without complaining or disputing.*** *Don't be a whiner. The world has plenty of critics and complainers. Keep a positive spirit and a smile. No problem is beyond God's power.*
- 2) ***Watch what you say. Think before you speak.*** *Do you tend to inspire people or injure them? Winning an argument brings fleeting gratification, but winning a friend brings lasting satisfaction. The power of the tongue for positive or negative is your choice. I remember my mother always saying to us...."If you have nothing good to say, then don't say it."*
- 3) ***Keep learning and maintain a teachable spirit.*** *Don't let pride hinder you from growing spiritually. Keep good people around you to help you process ideas and issues. You must be teachable to benefit from counselors.*
- 4) ***Guard your integrity.*** *It is priceless. Do not allow anyone to dismantle it.*
- 5) ***Work hard.*** *The reason many people underachieve is that they are not willing to pay the price of focused work to reach their goals.*
- 6) ***Give to others*** – *your money, your time, your support, your ear.* *"Give and it will be given to you....for the measure you use it will be measured back to you." Luke 6:38*

- 7) ***Show mercy to others and control your emotions.*** *You are where you are by God's grace. Remember to be gracious and grateful to others willing to help you along the way.*

- 8) ***Do not fear people,*** *nor allow others to intimidate you, as this can make you vulnerable to compromising your faith and integrity. God has not given you a spirit of fear, but of power and love and sound mind. Walk a faithful road leaning on God, and holding His hand.*

Welcome God into your work and office. Seek His wisdom and trust His leadership and guidance. Be prepared to be amazed at how He responds.

But, never forget that God's ways are not necessarily our ways. God values and loves people, not necessarily profits. He wants our lives to bless others.

It would be wonderful to know that our colleagues at work or in business appreciated and were even grateful to have worked with or for you, because of your integrity, generosity, sensitivity, graciousness and positive influence.

God will guide us in specific and practical ways if we just ASK Him. The closer you walk with Him, the more clearly you will recognize where He is leading. God always acts with truth and grace in perfect balance. He can guide you to stand up for truth while continuing to show grace toward those around you.

You may ponder these questions. What about adversity? Why does God allow crisis in our world? When times are prosperous and life is clear sailing, people often assume that they are self-sufficient. When storms hit, we realize how inadequate we are to face life's challenges on our own.

We pray more during turbulent times. As people of integrity, we can model what it means to trust God in every circumstance, good or bad. Although the situation may be a tough one, we are always learning, growing and being molded into a stronger individual as a result of that experience. Think of the fantastic person you are today as a result of both your hardships and your wonderful experiences.

You may ask how you can practice these principles and be a positive example to others?

“Being in your awareness to others. Not by proselytizing, but by example. Be the source of the love which I Am in the lives of all others. For that which you give to others, you give to yourself. This is the great secret. This is the sacred wisdom. Do unto others as you would have it done unto you. All of your problems, all of your conflicts, all of your difficulties in creating a life on your planet of peace and joy are based in your failure to understand this simple instruction, and to follow it.”

Neale Donald Walsch

As mentioned earlier, people today are tired and disappointed by the often lack of honesty and unethical behaviour in business, government, sports, and the church. Don't do what is most convenient. Follow your heart and your head, and don't necessarily do the easy thing. Do what your intuition is telling you to do.

There is much ethical chaos in business – everyone has their own standards that vary from situation to situation. People judge themselves according to their good intentions, while holding others to a higher standard. The same person who cheats on his taxes or steals office supplies wants honesty from the company whose stocks he buys.

Formerly our decisions were based on ethics, now ethics is often based on our decisions. Fortunately, there is an increasing desire for ethical dealing in business. Glamour and glitz are out. Transparency, in terms of ethics, values, and goals is in.

Companies who are dedicated to doing the right thing and have a written commitment to social responsibility are becoming more profitable than those who don't. Ethics plus competence is a winning equation.

Our society is evolving to a higher standard and we can all contribute to this evolvment in our own businesses and workplace situations by practicing these spiritual principles.

“The ways of right-living people glow with light; the longer they live, the brighter they shine. But, the road of wrong-doing gets darker and darker – travelers can’t see a thing; they fall flat on their faces.”

– Proverbs 4: 18.19

Work with love and from love, displaying kindness and reciprocity. Most importantly, commit to excellence and integrity. Remember that our life is a journey and not a destination.

Identify problems and harness your emotions and thoughts, so that you ultimately control potential conflicts.

Practice the five attitudes of Godliness: being joyful, being loveable, being accepting of and blessing others, and being grateful, rather than the negative opposites of being fearful, angry, violent, judgmental, or condemning. Look forward to the future and smile kindly on the past...your experiences and lessons have made you what you are today.

All of us have total freedom to create the life we wish to experience. God is the essence of total freedom. Your soul is the essence of total freedom. The essence of LIFE and GOD and LOVE and YOU is freedom. Choose everything – what you are, what you desire, and what you think.

“The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another’s, smile at someone and receive a smile in return, are to me continual spiritual exercises.”

Leo Buscaglia

“You will get all you want in life if you help enough people get what they want.”

Zig Ziglar

A Thought to Ponder:

Your personal decisions have eternal impact, not only on you and your family but on hundreds of people around you. Think for a moment of the impact of your prayers, the influence of your donations, and the positive ripple effect of your good deeds. Your choices are powerful. Allow your spirit to help you make even better choices.

Learn the art of asking, believing and receiving.

We cannot live life nor can we do anything of significance alone. We need to connect with and focus on win-win interactions with everyone.

Contemplate these brief spiritual success tips:

- 1) *Make people feel important and realize that we all crave recognition.*
- 2) *Make sure our encouragement and recognition comes from our heart.*
- 3) *Find something we can compliment someone on. Be honest.*
- 4) *Be an encourager. Perhaps the deepest human need is the need to be appreciated. Love the people God gives you and let them know you love them. Affirm who they are; Encourage who they can become, instead of trying to change them.*
- 5) *Give people your backing. Be generous and appreciative. Be slow to correct and quick to praise. Treat people as ends in themselves, not as means to an end. Because of your encouragement (a note or a call) people feel better about their lives and live more confidently. Your words of encouragement put them on their feet and get them on*

their feet and get them on their way with confidence. In the strength of your affirmation people become themselves.

“Dear God lead me to those needing encouragement. When they are down, I will lift them up.”

St. Francis of Assisi

“Life is meant to be happy. I know this is sometimes hard to believe and I know that on many days it simply is not your experience, but it is true. You have all the tools right now to make this day and this moment happy. The best of these tools is love. Just love everything that life has to offer today. And of course love every person, then watch the whole experience change. The tiniest gesture, a smile, a gentle look, a simple pat on the arm, a soft word, can change a person’s life. Before this very day is out you are going to have a chance to live in that possibility. Look, watch, see what this day brings you and be ready. Someone is waiting for that smile, that look, that gesture from you right now.”

Neale Donald Walsch

It feels good to know that we have impacted someone’s life but it is important not to expect recognition for it but to move on and impact more lives, every day.

In summary, following these principles will help you to become more spiritually successful at work....

- 1) Find your purpose in life....why are you here?*
- 2) Develop your purpose with passion....success will come if you believe and are passionate about why you are on earth.*
- 3) Volunteer in your community, giving back both in time and money.*

- 4) *Work with integrity, and be true to your convictions and purpose.*
- 5) *Make a difference by walking a higher road and living your values in your business or workplace with conviction and courage.*

REFLECTIONS:

You are what you say and what you do. Success is a journey and not a destination. You have to give in order to receive.

MEDITATION:

“In the end it is important to remember that we cannot become what we need to be by remaining who we are.”

Max Depree

*Copyright Karen Zizzo 2009. All rights reserved. Chapter Eight is an excerpt from Karen’s book – “**Ask and You Shall Receive – Spiritual Strategies for success in Work & Life.**” Visit Karen’s website – www.karenzizzo.com to purchase her products. E-mail Karen at karen@karenzizzo.com to share a story. Call her publicist, Joyce Hansen at 905-278-0952 or e-mail her at joyceh@classactconnections.com to arrange an interview, guest appearance, or keynote presentation.*