

**Integrity: Choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them. – Brené Brown**

The word integrity is derived from the same Latin word we get our word integer from. This word integer means whole or complete. This is best illustrated in the world of math where whole numbers are referred to as integers as compared to divided numbers which are referred to as fractions. When applied to the word integrity, what we get is that a person of integrity is a person who is whole, their conduct matches their values and beliefs. This is the point that Brené Brown is trying to make in the quote above. Essentially what she is saying is that a person of integrity acts upon their values and beliefs. They are a whole person in that they “practice our values rather than simply professing them.”

**Application:** To be a person of integrity requires self-reflection and honesty. Are there areas in your life where your values and beliefs do not coalesce with your actions? Each one of us is a work in progress. It is ok to have areas in your life where you know you struggle with and need to improve on. Be honest with yourself. Work on a daily basis to bring those fractured areas of your life into integrity.