**INTEGRITY CHECKLIST**

Begin the checklist by inserting the completion date targeted for the item in the left hand column under Completion Date.

Check off each item as it is completed.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I now agree with myself to complete the entire Integrity Checklist

by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**To Do**: **Completion Done Date**

1. Deliver any undelivered communications \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

a. Letters to be written \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

b. Acknowledgements to be written \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

c. Broken promises to be acknowledged \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

d. Any lies to be cleaned up \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

e. Anything hidden or held secret to

be communicated \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

2. Resolve any broken agreements \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

3. Clean your living space totally \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

4. Clean your car thoroughly \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

5. Clean your office space \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

6. Complete any unended cycles \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

7. Organize your personal files \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

8. Balance your checkbook \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

9. Pay your bills or make new agreements

with your creditors \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

10. Organize your financial records \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

11. Pay any taxes due and update tax

information \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

12. Handle any broken agreements with

social institutions (traffic tickets, etc.) \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

13. Fix or get rid of anything that does not

work \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

14. Throw or give away anything that you

don't use or wear \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

15. Return anything borrowed and no

longer needed \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

16. Get back anything lent and now wanted \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

17. Handle your primary relationships so

that you have agreements and ground

rules that support you \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

18. Handle or prepare a plan to handle

anything which abuses your spirit,

mental functioning or body \_\_\_\_\_\_\_\_\_ \_\_\_\_\_

This document was provided to Dame Doria Cordova by the EST organization in the ‘70’s. She was later informed that this document was originally published by the Church of Scientology. The author has no affiliation to either organization – and is grateful for the value received by using this tool.