

Exercise 7: The Scale of Impeccability

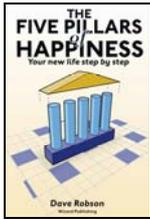
The following exercise will show you where exactly you stand on the *Scale of Impeccability*. Print this document, get a pen and answer the following questions as frankly and spontaneously as you can with a tick in the appropriate box. *Try not to think too much – a gut reaction is best.*

THE SCALE OF IMPECCABILITY

Find out where you stand

A spontaneous Yes or No answer to each question is all that's needed to see where you stand on the *scale of impeccability*.

Impeccability knows no half measures or compromise. This is a self-esteem issue which is why there is no room for discussion. 'Maybes' in this context are simply attempts to justify or rationalise away the times when you are not being totally honest. Of course we all make mistakes occasionally, but if we act against our gut feelings or our core beliefs and values, even occasionally, we are not behaving with integrity. Think about it – in this exercise, just as in life itself, any answer other than an unequivocal 'yes' can only be construed as a 'no.' Bear that in mind as you tick the boxes.



Exercise 7 cont. /

Name	Date	Yes	No
• Are you completely honest in every situation at all times?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you love what you do and do what you love?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you always let people know how you feel?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you avoid being economical with the truth?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you always treat you spouse/partner with respect?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you always act in accordance with your core beliefs and values?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you always treat others with respect?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you take the time and trouble to maximise your talents?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you have a group of close friends with whom you feel a strong affinity?		<input type="checkbox"/>	<input type="checkbox"/>
• Do you refrain from gossiping about people behind their backs?		<input type="checkbox"/>	<input type="checkbox"/>

Count up your Yes's and don't be surprised if you get 10 No's. If that happens, or if the No's are in the majority, you'll know this issue needs your serious and urgent attention.