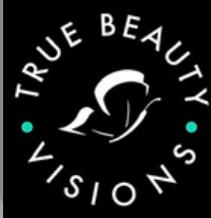


True Beauty Visions Presents...

Check your core at the door

By Coach Tink



Integrity is such a key component in proper character development. The level of integrity one has is measured by the willingness to do “whats right” even when no one is around. Are you willing to walk in truth and in honesty when no one is able to prove you wrong.

What Most people never consider is the way you treat others and or the way you react to a situation is a direct reflection of how you feel towards yourself. Allow me to give you a prime example. Let’s say for instance Andrea allows Keith to call her on late nights when his wife is working. Keith is constantly on the phone telling her how beautiful she is while repeating to her how unhappy he is at home. Although this may be the case for Keith the mere fact that Andrea is allowing another woman’s man to emotionally cheat with her is a clear indication that Andrea does not view herself as worthy enough to wait for a man who is Intended for her. Andrea is at this point NOT operating with integrity or respect for herself nor for the other woman. The chances of the other woman ever confronting Andrea maybe slim to none however, evidence of the lack of integrity is proven with every conversation Keith is permitted to have with Andrea.

Believe it or not this type of thing happens more often than not. Not only is Andrea in the wrong and has proven to not have integrity but Keith is just as equally guilty of displaying the lack of respect he has for himself as well as every other party involved.

Integrity has a home and it’s home is located In the core of your existence. It’s very difficult to have a lasting relationship personally, perfassungsionally, or academically with anyone or anything even if one of the involved parties are guilty of maneuvering without integrity.

I encourage you to check your core at the door.



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