

Integrity Agreement

A covenant with yourself — from *The Precious Gift* by Joe Asiba

Integrity means wholeness — when who you are in private matches who you are in public. This is not a list of rules. It is a covenant with yourself: a declaration of who you are becoming and what you will no longer carry. Sign it. Date it. Share it with someone who will hold you to it.

Part 1: What I Am Leaving Behind

Name the specific things you are choosing to no longer carry. Be concrete — not 'negativity' but 'the belief that I am unlovable.'

I will no longer carry:

1.

2.

3.

4.

5.

Part 2: Who I Am Becoming

Describe the person you are growing into — not a fantasy, but the real, grounded version of yourself that emerges when shame no longer drives your decisions.

I am becoming someone who:

1.

2.

3.

4.

5.

Part 3: The Practices I Commit To

Transformation requires rhythm. Name the specific practices you will build into your life.

Daily:

What will I do every day? (prayer, reading, journaling, a moment of honesty...)

Weekly:

What will I do every week? (community, rest, accountability, service...)

When shame speaks:

What will I do when the old voice returns? (Who will I call? What will I remember?)

Part 4: My Witness

An agreement without a witness is a wish. Name the person who will walk with you, check in on you, and remind you of this covenant when you forget.

My witness (name):

How often we will check in:

What I give them permission to ask me:

Signature:

Date:

"He who began a good work in you will carry it on to completion." — Philippians 1:6