



THE CATALYST SERIES • PART 9

The Integrity Gap

"Self-esteem is the reputation you have with yourself."

The Concept

We often think self-esteem comes from affirmations or compliments. It doesn't. It comes from **integrity**.

Every time you tell yourself, "I'm going to work out tomorrow," and then you don't, you are teaching yourself that your word means nothing. You are eroding your own trust.

The distance between **what you say you will do** and **what you actually do** is the Integrity Gap. The wider the gap, the lower your self-respect.

The Turning Point: Closing the Gap

To rebuild trust with yourself, you must stop making promises you won't keep. It is better to promise less and deliver 100% than to dream big and fail daily.

The Cycle of Distrust

- "I'll start the diet Monday."
- Monday comes, you cheat.
- "I'm a failure."
- You stop believing your own goals.

The Cycle of Power

- "I will drink one glass of water."
- You drink it.
- "I did what I said."
- You trust yourself to do more.

Deep Reflection: The Micro-Promise

Where is your gap?

What is the one thing you keep promising to do but never do?

The Micro-Promise

Make a promise so small you cannot fail. (e.g., Instead of "Run 5 miles," say "Put on running shoes.")

The Verification

When will you do it? Write the exact time.

