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Centennial Student Union 173
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Personal Congruence

Personal congruence is about integrity. You are honest with yourself and others about what you value and believe, and reflect those beliefs through your behavior and actions.

Personal Congruence

What is congruency? And what does it mean to be congruent?

Congruency is derived from the Latin verb ‘congruere,’ which means ‘to meet together’ or ‘to agree.’

To be congruent is when who you are (values and beliefs), what you say, and what you do are in complete harmony. In other words, your actions and behavior are in alignment with your values.

How do you know if you are being congruent? Ask yourself some questions and reflect on your reaction to them.

If a complete stranger observed the things I do and how I spend my time, what might they believe about me? And, are these things true?

Am I genuine in my interactions with others?

How often do I say what I mean and mean what I say?

How does my body react to the following statements?

I trust myself. I like myself .myself.
I enjoy my own company.
Life is working for me.
Your reactions to these questions will tell you if you have some work to do.

Becoming Congruent

Two things :

1. Understand what it is you stand for and are passionate about adding to this world.

2. Set your life up so that you can act in line with these beliefs on a daily basis.

Step 1: Understand Yourself
- Keep a journal
- Discover your strengths
- Discover and know your values

Step 2: Apply Your Understanding to Everyday Life
- Constantly remind yourself of your beliefs
- Find a career that allows you to be congruent
- Seize opportunities and follow through

WHAT YOU WILL NOTICE:
1. Renewed confidence and purpose.
2. Increased motivation and drive.
3. Sense of peacefulness about life.
4. Decisions become easy to make.
5. Things start to fall into place.

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