

Welcome to the educational and inspirational card deck  
**IMPECCABLE!**

**Expanding Integrity, Celebrating Wholeness!**

These cards are a fun new way to explore and experience ease and connection. Integrity is an experience of harmony and completeness. When you are in integrity the structure of your life is sound, you can move with agility from a reliable foundation, enjoying all life has to offer. When you are out of integrity you sense a wobble, a discord. Intuitively you know when you feel "in" or "out" of integrity.

Each card in this deck communicates an actionable integrity skill to guide you into alignment with yourself again when you drift off-course. We invite you to play with the skills presented with an open sense of curiosity. Easily discover and develop your own measurable, pleasurable actions as you expand your sense of wholeness.

You can use the deck by yourself, in partnership, or in community to assist in solving problems, opening to more creativity and manifestation, and contributing with more effectiveness. Choose a card at random, or one whose words or images draw you and see how the questions, statements and designs open portals to more body wisdom and new choices.

**Please enjoy and share!**

Gay and Kathlyn Hendricks, PhDs, have been pioneers in the fields of body intelligence and relationship transformation for over forty years and consider their own relationship a living laboratory. They've mastered ways to translate powerful concepts and life skills into experiential processes where people can discover their own body intelligence and easily integrate life-changing skills. Gay and Katie have empowered hundreds of coaches around the world to add a body-intelligence perspective to enhance fields from medicine to sports psychology, education and personal growth. Together they have authored 12 books, including the bestselling *Conscious Loving* and the new *Conscious Loving Ever After: How to Create Thriving Relationships at Midlife and Beyond*.

**Drs. Katie & Gay Hendricks**  
**Hendricks.com • The Foundation For Conscious Living**



Design and Artwork by Kirsten Jones  
*in collaboration with Kathlyn Hendricks*

Kirsten is fascinated by both sacred geometry found in our natural world and by the power of looking at our lives from the psyche's rich, metaphorical perspectives. In these collages, she brings to life the concepts and subtleties of empowering integrity-moves with symbolic and inspiring imagery informed by her lifelong personal journey of self-evolution. A graduate of the Hendricks Institute's Leadership and Transformational training program, Kirsten coaches and supports creative processes with individuals and corporate teams. She translates her vivid intuition and playful imagination into wearable, print and space-transforming art. As both a coach and an artist, Kirsten's passion is to facilitate your own discovery process and to celebrate your unique creative expression and aliveness.

**Kirsten Jones, LAT®**  
**BodyOfIntegrity.com • Certified Big Leap Coach**





## Videos on each card:

[https://foundationforconsciousliving.org/big\\_leap\\_home/integrity/](https://foundationforconsciousliving.org/big_leap_home/integrity/)

## To order your deck(s):

Single Deck (\$24.95 + shipping & tax)

<https://hendricks.com/product/impeccable-integrity-deck/>

Six Pack of Decks (\$127.75 + shipping & tax)

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As shipping costs are higher for non-US destinations, please contact us at [info@hendricks.com](mailto:info@hendricks.com) before placing an order that will be shipped outside of the continental United States.



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# BIG LEAPS

Taking a Big Leap

Breathe!

Threshold I

Threshold II

Yes

No

Wonder

Fear Melter I

Fear Melter II

Fear Melter III

Fear Melter IV







I am willing to take  
the Big Leap  
to my ultimate level of success  
in love, money  
and  
creative contribution.



*How much love and abundance  
am I willing to allow?*

**TAKING  
A BIG LEAP**



*I am willing to take  
the Big Leap  
to my ultimate level of success  
in love, money  
and  
creative contribution.*



*How much love and abundance  
am I willing to allow?*

**TAKING  
A BIG LEAP**





I let my belly relax on the in-breath  
and allow the in-breath  
to roll over into  
the out-breath without pausing.

•

I let my back gently arch  
with the in-breath  
and round with the out-breath  
as I fill  
my body with breath  
like filling a bottle,  
from the bottom up.

•

My spine moves easily  
like seaweed in water  
as I let a full in-breath  
and out-breath  
refresh and renew me.

**BREATHE!**



I let my belly relax on the in-breath  
and allow the in-breath  
to roll over into  
the out-breath without pausing.

•

I let my back gently arch  
with the in-breath  
and round with the out-breath  
as I fill  
my body with breath  
like filling a bottle,  
from the bottom up.

•

My spine moves easily  
like seaweed in water  
as I let a full in-breath  
and out-breath  
refresh and renew me.

**BREATHE!**





Hmmmm...  
I wonder  
how much  
love and appreciation  
I can give and receive  
today?



**THRESHOLD**





Hmmmm...  
I wonder  
how much  
love and appreciation  
I can give and receive  
today?



**THRESHOLD**







I know  
what “Yes” feels like  
in my body.



*How can I  
easily notice a “Yes” response  
from my body intelligence?*

**YES**









I know  
what "No" feels like  
in my body.



*How can I easily notice  
a "No" response  
from my body intelligence?*

**NO**



*I know  
what "No" feels like  
in my body.*



*How can I easily notice  
a "No" response  
from my body intelligence?*

**NO**





Hmmm...

I wonder how  
I can grow a nervous system  
that can handle  
expanding amounts  
of positive energy  
for longer and longer  
periods of time?



**WONDER**





I know  
when I freeze  
and  
how to shift gently into  
wiggling my fingers and toes,  
which I expand into  
whole-body WIGGLING  
and ease.



**FEAR MELTERS®**





I know  
when I freeze  
and  
how to shift gently into  
wiggling my fingers and toes,  
which I expand into  
whole-body WIGGLING  
and ease.

©

**FEAR MELTERS®**



I can shift easily  
from the tight, quick, puffed-up  
fight stance  
to  
**OOZING**  
like seaweed swaying in water  
or  
hot fudge melting  
over ice cream.



**FEAR MELTERS®**





I can shift easily  
from the tight, quick, puffed-up  
fight stance  
to  
**OOZING**  
like seaweed swaying in water  
or  
hot fudge melting  
over ice cream.



**FEAR MELTERS®**





I recognize the leaving quality  
of my body fleeing  
and easily shift into the  
**ROOT** stance  
of grounded presence,  
feeling my feet solidly here.



**FEAR MELTERS®**



I recognize the leaving quality  
of my body fleeing  
and easily shift into the  
ROOT stance  
of grounded presence,  
feeling my feet solidly here.



**FEAR MELTERS®**







I notice when  
I feel my energy draining away  
or a moment of confusion,  
and then  
I choose to shift into  
**LOVE SCOOPS**,  
gathering good feeling,  
well-being  
and kindly touching  
wherever I need or want love.



**FEAR MELTERS®**



I notice when  
I feel my energy draining away  
or a moment of confusion,  
and then  
I choose to shift into  
**LOVE SCOOPS**,  
gathering good feeling,  
well-being  
and kindly touching  
wherever I need or want love.



**FEAR MELTERS®**

# IMPECCABLE AGREEMENTS

Whole-Body Aliveness

What and By When

“Yes” Signals

“No” Signals

Changing Agreements

Presence

Connect

Play







I recognize, appreciate and  
celebrate  
my whole-body aliveness  
when  
I keep my agreements.



*Hmmm...  
How can I experience  
the increased aliveness  
that comes from  
keeping my agreements?*

**IMPECCABLE  
AGREEMENTS**



I recognize, appreciate and  
celebrate  
my whole-body aliveness  
when  
I keep my agreements.

☯

Hmmm...  
How can I experience  
the increased aliveness  
that comes from  
keeping my agreements?

**IMPECCABLE  
AGREEMENTS**





I make clear, direct requests  
that include a by-when  
instead of  
airing generalized complaints.



*How can I make  
a conscious agreement here?*

**IMPECCABLE  
AGREEMENTS**





*I make clear, direct requests  
that include a by-when  
instead of  
airing generalized complaints.*



*How can I make  
a conscious agreement here?*

**IMPECCABLE  
AGREEMENTS**



I recognize and use  
my whole-body "Yes" signals  
to choose  
which agreements I want to make.



*What can I draw on  
from my whole-body wisdom  
to select agreements  
I do want to make?*

**IMPECCABLE  
AGREEMENTS**





*I recognize and use  
my whole-body "Yes" signals  
to choose  
which agreements I want to make.*



*What can I draw on  
from my whole-body wisdom  
to select agreements  
I do want to make?*

**IMPECCABLE  
AGREEMENTS**



I follow my body signals  
that let me know  
I don't want to  
make a particular agreement.



How can I easily say  
"No"  
to agreements  
I do not want to make?

**IMPECCABLE  
AGREEMENTS**





I follow my body signals  
that let me know  
I don't want to  
make a particular agreement.



How can I easily say  
"No"  
to agreements  
I do not want to make?

**IMPECCABLE  
AGREEMENTS**





I change agreements  
that are not working by:

- ✓ noticing the jangle
- ✓ communicating and listening  
to feelings involved  
and
- ✓ making a new, clear agreement



*How can I  
consciously change agreements  
that are not working?*

**IMPECCABLE  
AGREEMENTS**





I change agreements  
that are not working by:

- ✓ noticing the jangle
- ✓ communicating and listening  
to feelings involved  
and
- ✓ making a new, clear agreement



How can I  
consciously change agreements  
that are not working?

**IMPECCABLE  
AGREEMENTS**



I turn toward  
what is actually occurring  
with open posture and easy breath  
as I respond resourcefully  
to what wants to happen.



*How can I turn easily  
toward what is actually happening  
and open my body and breath  
to respond resourcefully  
to what is emerging?*

**PRESENCE**





*I turn toward  
what is actually occurring  
with open posture and easy breath  
as I respond resourcefully  
to what wants to happen.*



*How can I turn easily  
toward what is actually happening  
and open my body and breath  
to respond resourcefully  
to what is emerging?*

**PRESENCE**



I'm open to connecting fully  
with my body intelligence  
and fully  
with the people in my life.



*How can I connect fully  
with my body intelligence  
and with the people in my life?*

**CONNECT**





*I'm open to connecting fully  
with my body intelligence  
and fully  
with the people in my life.*



*How can I connect fully  
with my body intelligence  
and with the people in my life?*

**CONNECT**



I'm open to  
giving and receiving tosses of  
love, connection, collaboration  
and open-ended exploration.



*How can I expand my ability  
to give and receive  
love, connection and collaboration  
every day?*

**PLAY**





*I'm open to  
giving and receiving tosses of  
love, connection, collaboration  
and open-ended exploration.*



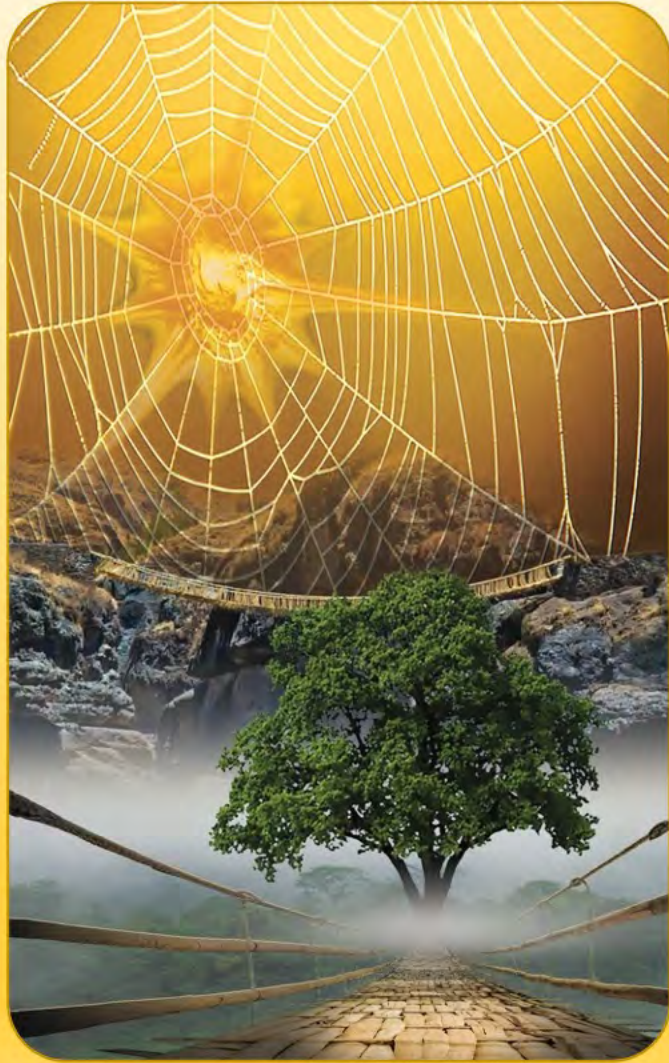
*How can I expand my ability  
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every day?*

**PLAY**

# CONSCIOUS COMMUNICATION

Speaking to Connect  
Listening Appreciatively  
Turning Toward  
Discerning  
Initiating  
Matching  
Revealing  
Add Drops of Love I  
Add Drops of Love II







I speak in a way  
that generates connection  
rather than argument.



*In what ways can I speak  
that are real and descriptive?*

**CONSCIOUS  
COMMUNICATION**



*I speak in a way  
that generates connection  
rather than argument.*



*In what ways can I speak  
that are real and descriptive?*

**CONSCIOUS  
COMMUNICATION**





I listen to others accurately,  
appreciatively  
and to invite wonder.



*In what ways  
can I learn to speak  
that are free of blame and  
invite wonder?*

**CONSCIOUS  
COMMUNICATION**



*I listen to others accurately,  
appreciatively  
and to invite wonder.*



*In what ways  
can I learn to speak  
that are free of blame and  
invite wonder?*

**CONSCIOUS  
COMMUNICATION**





I physically turn fully toward others  
with open posture and breath  
so I can sense  
how my communications  
are being received.



*In what ways can I  
give active awareness  
to how  
my communications are landing  
with others?*

**CONSCIOUS  
COMMUNICATION**



*I physically turn fully toward others  
with open posture and breath  
so I can sense  
how my communications  
are being received.*



*In what ways can I  
give active awareness  
to how  
my communications are landing  
with others?*

**CONSCIOUS  
COMMUNICATION**





My body sensations  
and inner experience  
guide me to know  
when I'm concealing and  
when I have something to reveal.



*In what ways can my  
body sensations and experiences  
guide me to know  
when I'm concealing and  
when I have something to reveal?*

**CONSCIOUS  
COMMUNICATION**



*My body sensations  
and inner experience  
guide me to know  
when I'm concealing and  
when I have something to reveal.*



*In what ways can my  
body sensations and experiences  
guide me to know  
when I'm concealing and  
when I have something to reveal?*

**CONSCIOUS  
COMMUNICATION**





I initiate conversations  
with authentic expression  
as well as responding  
to others' initiations.



*How can I source and initiate  
authentic speaking in any situation?  
(e.g. Initiating real communications  
without having to be  
begged, threatened or coerced)?*

**CONSCIOUS  
COMMUNICATION**



*I initiate conversations  
with authentic expression  
as well as responding  
to others' initiations.*



*How can I source and initiate  
authentic speaking in any situation?  
(e.g. Initiating real communications  
without having to be  
begged, threatened or coerced)?*

**CONSCIOUS  
COMMUNICATION**





My language  
closely matches my experience.



*How can I communicate  
in a way that closely matches  
my actual experience?*

**CONSCIOUS  
COMMUNICATION**



*My language  
closely matches my experience.*



*How can I communicate  
in a way that closely matches  
my actual experience?*

**CONSCIOUS  
COMMUNICATION**





I commit to reveal and not conceal  
by expressing  
my authentic experience/s  
even under duress.



*How freely can I  
choose revealing over concealing?*

**CONSCIOUS  
COMMUNICATION**

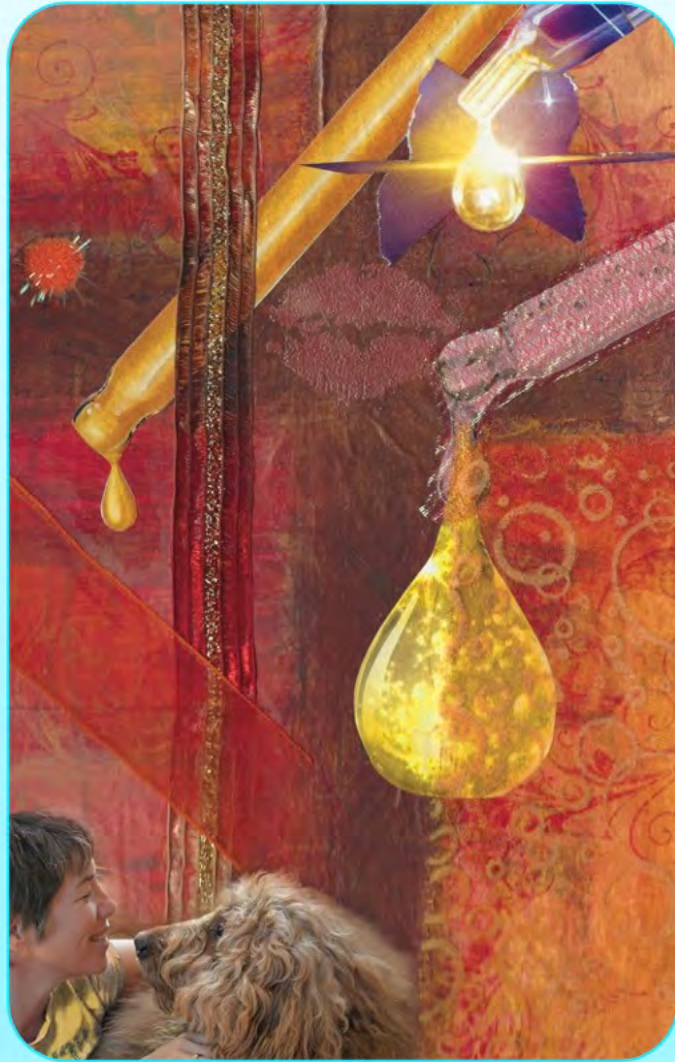


*I commit to reveal and not conceal  
by expressing  
my authentic experience/s  
even under duress.*



*How freely can I  
choose revealing over concealing?*

**CONSCIOUS  
COMMUNICATION**







I'm willing  
to give  
drops of love  
anywhere  
I need or want them.



**ADD  
DROPS OF LOVE**









I'm willing  
to give  
drops of love  
anywhere  
I need or want them.



**ADD  
DROPS OF LOVE**



# EMOTIONAL LITERACY

Welcoming Emotions  
Giving Attention Getting  
Curious  
Inner Exploring  
Attending and Following  
Expressing Feelings  
Congruence  
Presencing Another







I welcome  
emotions and sensations  
as they move through me.



*In what ways can I  
notice  
what I'm actually feeling  
and experiencing  
in the moment?*

**EMOTIONAL  
LITERACY**







I can place  
non-judgmental attention  
on all my body sensations  
and emotions.



*In what manner can I  
sense and discern  
the difference between  
emotions and body sensations  
(e.g. ...between hunger and fear)?*

**EMOTIONAL  
LITERACY**





I can place  
non-judgmental attention  
on all my body sensations  
and emotions.



In what manner can I  
sense and discern  
the difference between  
emotions and body sensations  
(e.g. ...between hunger and fear)?

**EMOTIONAL  
LITERACY**





I am curious  
to discover and learn from  
my feelings and inner experience.



*How can I learn to  
locate emotions accurately  
in my body?*

- *anger in my neck/shoulders*
- *sadness in my chest/throat*
- *fear in my belly*

**EMOTIONAL  
LITERACY**



*I am curious  
to discover and learn from  
my feelings and inner experience.*



*How can I learn to  
locate emotions accurately  
in my body?*

- *anger in my neck/shoulders*
- *sadness in my chest/throat*
- *fear in my belly*

**EMOTIONAL  
LITERACY**





I explore the meaning of  
my inner experiences  
with curiosity and interest.



*How can I explore the meaning of  
my inner experiences  
with curiosity and interest?*

**EMOTIONAL  
LITERACY**



*I explore the meaning of  
my inner experiences  
with curiosity and interest.*



*How can I explore the meaning of  
my inner experiences  
with curiosity and interest?*

**EMOTIONAL  
LITERACY**





I give full attention to  
and follow my emotions  
to their source within me  
(even when it seems obvious  
the source is the other person).



*How can I follow my emotions  
to their source using my attention  
and body wisdom  
(even when it seems obvious  
the source is the other person)?*

**EMOTIONAL  
LITERACY**





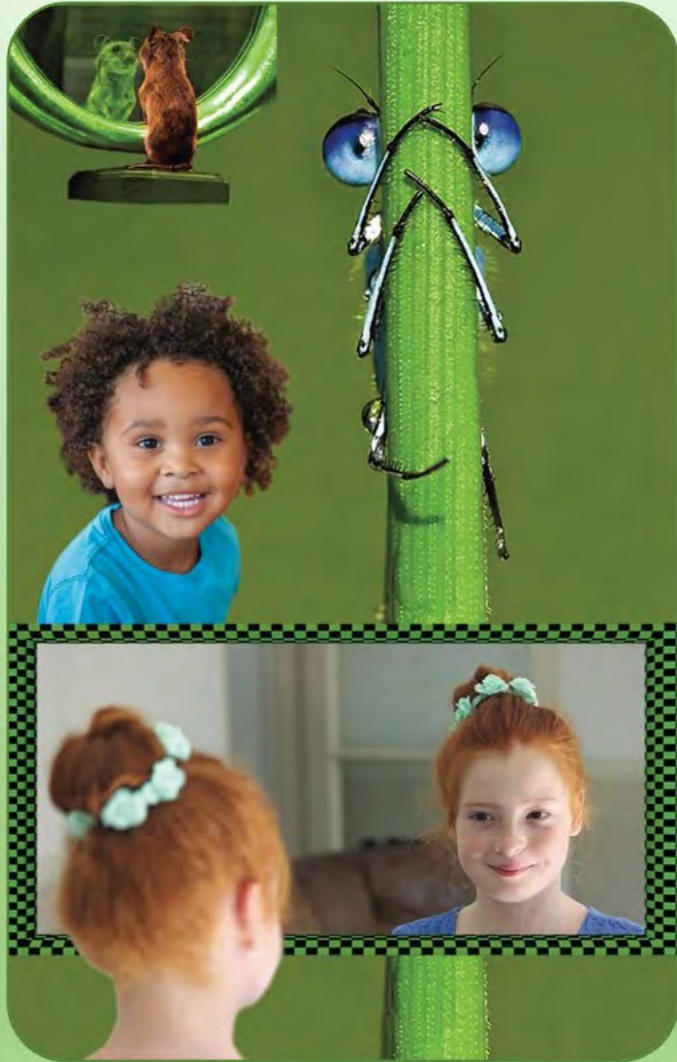
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*How can I follow my emotions  
to their source using my attention  
and body wisdom  
(even when it seems obvious  
the source is the other person)?*

**EMOTIONAL  
LITERACY**





I express my feelings  
in ways that are congruent  
with  
my inner experience.



*How do I let my emotions  
and inner experience  
be noticeable to others?*

**EMOTIONAL  
LITERACY**



*I express my feelings  
in ways that are congruent  
with  
my inner experience.*



*How do I let my emotions  
and inner experience  
be noticeable to others?*

**EMOTIONAL  
LITERACY**





I am willing  
to have my communication  
fully received by others.



*How can I speak about  
my feelings and inner experience  
congruently  
so that others understand?*

**EMOTIONAL  
LITERACY**





*I am willing  
to have my communication  
fully received by others.*



*How can I speak about  
my feelings and inner experience  
congruently  
so that others understand?*

## **EMOTIONAL LITERACY**





I know how to be  
deeply present for another's  
full experience and expression  
of their feelings.



*How can I presence  
another's communication fully?*

**EMOTIONAL  
LITERACY**



*I know how to be  
deeply present for another's  
full experience and expression  
of their feelings.*



*How can I presence  
another's communication fully?*

**EMOTIONAL  
LITERACY**



# HEALTHY RESPONSIBILITY

Openness to Learning

Curious About Results

Going Direct

Shifting to Clarity

Making Connections

Demonstrating Responsibility





I create openness to learning  
in and from  
all my experiences  
and collaborations.



*By what means can I shift  
readily and easily  
from blame to wonder?*

**HEALTHY  
RESPONSIBILITY**



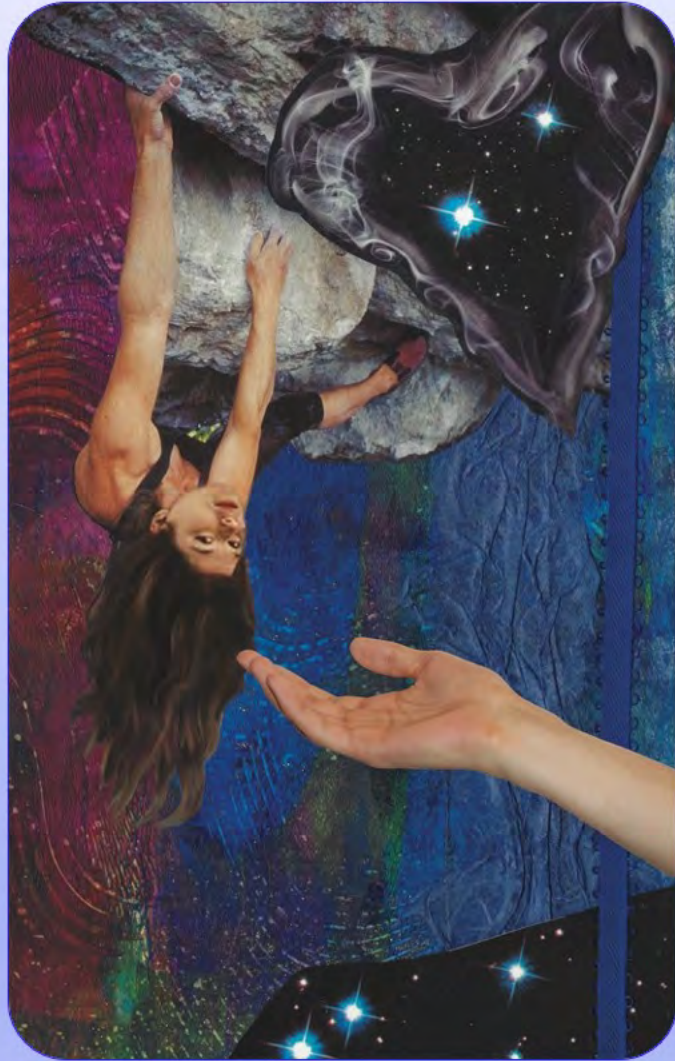


*I create openness to learning  
in and from  
all my experiences  
and collaborations.*



*By what means can I shift  
readily and easily  
from blame to wonder?*

**HEALTHY  
RESPONSIBILITY**



I get curious about  
how I create the results  
that are  
occurring in my life.



*How can I notice  
what unintentional  
commitments / beliefs  
are driving the results  
I experience in my life?*

**HEALTHY  
RESPONSIBILITY**





*I get curious about  
how I create the results  
that are  
occurring in my life.*



*How can I notice  
what unintentional  
commitments / beliefs  
are driving the results  
I experience in my life?*

**HEALTHY  
RESPONSIBILITY**



I experience reality  
directly through my body  
and make  
genuinely response-able choices.



*How can I shift  
from defensiveness  
into  
genuine openness to  
learning and discovery?*

**HEALTHY  
RESPONSIBILITY**





*I experience reality  
directly through my body  
and make  
genuinely response-able choices.*



*How can I shift  
from defensiveness  
into  
genuine openness to  
learning and discovery?*

**HEALTHY  
RESPONSIBILITY**



I can shift  
from upset to clarity  
within  
two to three full breaths.



*How can I choose  
and respond freely  
with full presence  
rather than reacting automatically?*

**HEALTHY  
RESPONSIBILITY**



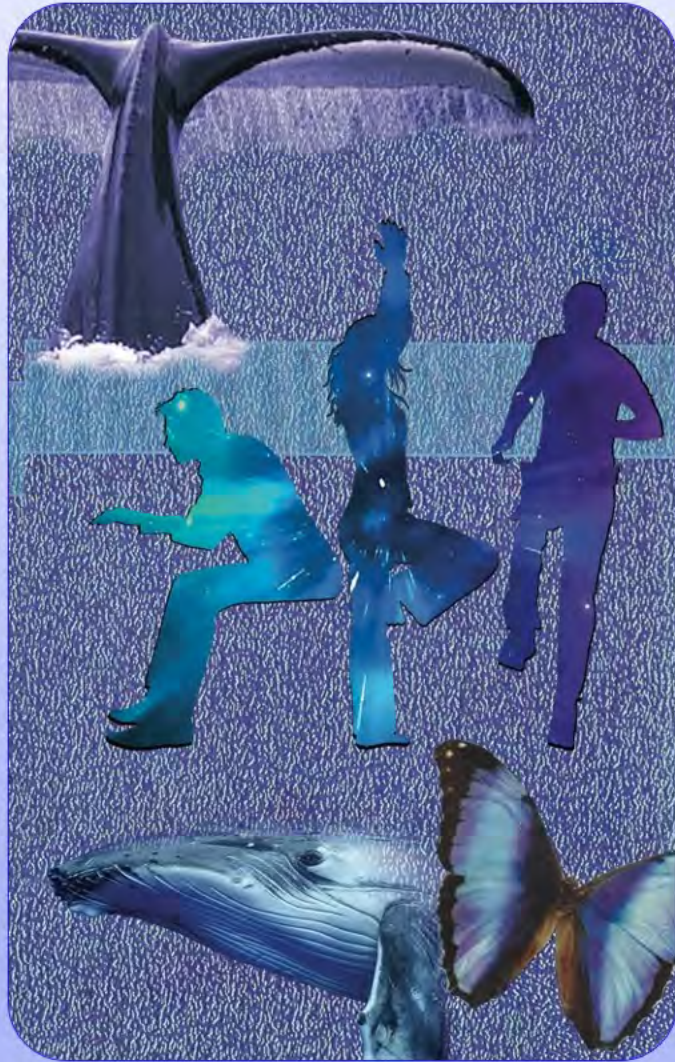


*I can shift  
from upset to clarity  
within  
two to three full breaths.*



*How can I choose  
and respond freely  
with full presence  
rather than reacting automatically?*

**HEALTHY  
RESPONSIBILITY**



I know my stress signals  
and can shift easily  
into responsive presencing.



*How can I feel  
the connection between  
my body postures  
and mental attitudes,  
and then use that knowledge  
to open to discovery?*

**HEALTHY  
RESPONSIBILITY**







I demonstrate 100% responsibility  
through my choices  
and  
by committing and recommitting  
to responsive creativity.



*How can my presence  
inspire others  
to take 100% responsibility?*

**HEALTHY  
RESPONSIBILITY**



