

Nothing hidden,  
being truthful and honest,  
doing complete work,  
working from an empowering context, and  
doing very well what you do; doing it as it was meant to be done or better, and without cutting corners.

Integrity is being true to your values, standards and ideals.

In other words, HONORING ONE'S WORD:

Doing what you know to do,  
doing what you said you would do and on time,  
doing what others would expect you to do even if you haven't said you would do it, and  
saying when you are not doing this as soon as you realize you won't be doing it or won't be doing it on time."

honoring your word as your Self