**Integrity**

You may not have a lot of money or a fancy car or a designer wardrobe, but you do have your integrity—and that’s worth plenty! Your integrity is the core of who you are and what you stand for. It’s how other people truly know you, and how truly you know yourself.

If you are a person of integrity your behavior and words align with your beliefs and values. For example, what if I tell people how important my boyfriend or girlfriend is to me, but I still sometimes get involved in other short-term relationships? My words say “I’m committed”—my actions say “I’m a cheater.”

Integrity is about character and consistency. How solid does your core stay? Does your integrity depend on the situation? Can you be counted on even when things get tough—or only when you see enough potential personal gain?

A person of integrity is a person whose behavior consistently aligns with their values.

1. **When was a time I chose to be honest even though it was a difficult choice?**

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   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. **How do I feel about myself for making that decision to choose honesty?**

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

3. **What things affect my ability to be honest with myself and others? (Check those that are true for you.)**

   _____ My opinion of myself
   _____ The opinions of my friends
   _____ My parents’ opinions
   _____ The activities I participate in

4. **What is one specific thing I will do to act with honesty and integrity?**

   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________