

INTEGRITY

Integrity: in·teg·ri·ty \in-'te-grə-tē\

Noun: To have and use a strong set of rules that are honest and sincere.

Vision / Perseverance / Compassion / **Integrity** / Focus / Courage / Gratitude / Self-Discipline / Respect / Confidence / Humility / Contribution

Step 1: Review this handout. / **Step 2:** Identify at least five missions to pursue. / **Step 3:** Log your work on the back of this sheet (journal).

Step 4: Turn in this completed sheet **during the dates shown on journal.** / **Step 5:** Receive your special recognition during graduation week.

MISSIONS – EXPLORE INTEGRITY

- Find someone at least 10 years older than you and spend at least 15 minutes discussing integrity. What does it mean to each of you?
- Find a picture that demonstrates integrity. Print it out and write the word integrity on it. Place it where you will see it each morning.
- Search the web for “examples of integrity” and spend at least 15 minutes exploring the results.
- Write a paragraph on what integrity means to you?
- Identify someone who demonstrates integrity. Create a list of five examples of their integrity in action.

MISSIONS – DO THE RIGHT THING

- Write down three good things you did today. How does doing the right thing make you feel?
- Have a conversation with your family and discuss three important things to always do at home.
- Think about one wrong thing you did in the past. How did it make you feel?
- Ask a teacher about three positive things one can do in order to be a good student.



Share stories of your missions on our Facebook group page – TopKick Virtues Project Community

MISSIONS – KEEP THE PROMISE

- Think about a time you broke a promise. Write about how you felt after breaking that promise.
- Choose someone and make them a promise to be completed within one week. Did you keep that promise?
- Talk to someone at least 10 years older than you about the importance of keeping promises.
- Think about a time when someone broke a promise to you, and write about how it made you feel.
- Promise yourself that you will read the definition of integrity each morning for one week. Did you keep the promise to yourself?

MISSIONS – INTEGRITY RULES

- Write down three rules to follow while you're at home. Post them in your room.
- Think of three rules for your behavior at school or work and write them down.
- Create three rules for being a good friend. Write them down.
- Spend time creating three rules to follow while practicing Taekwondo. Post them where you will see them daily.



MISSIONS – TELL THE TRUTH

- Find a quote about telling the truth. Write it down and post it where you will see it daily.
- Be truthful with yourself and write down five things you can improve upon.
- Identify a time when you witnessed someone being dishonest. Write down the things you learned from the experience.
- Talk to friend, co-worker, or family member about telling the truth. Write about your discoveries.



Turn In Between 7/2/18 – 7/25/18

1 Choose at least five missions and clearly indicate which missions you completed on the other side of this sheet.

“Integrity is the ability to stand by an idea.”
— Ayn Rand

2 What does this virtue mean to you? **(Please use a separate sheet of paper if needed)**

“In looking for people to hire, you look for three qualities: integrity, intelligence, and energy.
And if they don’t have the first, the other two will kill you.”
— Warren Buffet

3 List your favorite quote related to this virtue. **(Please use a separate sheet of paper if needed)**

“If you tell the truth you don’t have to remember anything.”
— Mark Twain

4 How did embracing this virtue help you, your school, family or community? **(Please use a separate sheet of paper if needed)**

5 _____
Your First & Last Name

Parent Signature (for youth journals)

6 chs chm chl
 as am al axl axxl

Circle your T-shirt size

