PRACTICE EXERCISES

INTEGRITY

WEEK TWO

★ The number of stars represents the degree of difficulty. ★

Do What You Believe: Top Priorities ★★★

What do you believe should be most important in your life? Your marriage? Your family? Your health? Your purpose? Your career? Your education? Your goals? Do your actions indicate you are making those things most important in terms of how you use your time, resources, energy, and abilities? For example, many husbands say their marriage is at or near the top of their list. But the amount of time they invest in being with their wives, sharing her interest, talking, and walking together suggests otherwise. Here's your three star assignment: on a separate sheet of paper list your top five priorities. Then pick out one you can admit you've been short changing and write down one adjustment you will make to do better. When you start actually doing that mark this exercise complete.

A TOP PRIORITY I HAVE SHORT-CHANGED	WHAT I WILL DO TO ALIGN MY ACTIONS WITH THIS TOP PRIORITY



Believe What You Do: Create Meaning ★★

People of integrity can't stomach the idea of doing something they don't believe in. There has to be some purpose, meaning, and value in order to justify our actions, or we wind up being lackadaisical. Inevitably much of what we must do is busy work. Monotonous or unpleasant chores. The integrity impulse inside us does not like us going through motions. If we want to have integrity we must create meaning for tasks that seem meaningless. Your assignment is to **write down two boring or meaningless tasks you have to do frequently. Then figure out some meaning for each task that would help you believe that what you are doing is worthwhile.**

	THE MEANING I CAN ATTACH TO THIS TASK
Seemingly meaningless task #1	
Seemingly meaningless task #2	THE MEANING I CAN ATTACH TO THIS TASK

Couldn't Have Said It Better ★

Scour the internet to find a good quote about some aspect of being a person of integrity. Write it below.

A GREAT QUOTE TO REMEMBER IS...

Want all 30 Integirty exercises in our full-color 60 page workbooks? **bit.ly/integrity-hardcopy** or scan the QR code.

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