PRACTICE EXERCISES

INTEGRITY

WEEK THREE

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

Say What You Believe ★★★

People of integrity hold beliefs with varying degrees of conviction. Some are deeply held, and cannot be swayed. Others can shift if we hear a good counter argument. Nevertheless, whether permanent or temporary, a belief is part of who we are at any given point of time. So, if we speak something that does not align with our beliefs, or if we remain silent about our beliefs and when we should speak up, we also lack integrity in that moment. Your assignment is to **look for each of the following two situations and practice having the integrity to say what you believe.** (In each case, write a synopsis of what you said.)

SCENARIO #1: *Your friends or coworkers really like a certain movie, book, politician, TV program, song, sports team, celebrity, etc., and talk about it a lot. When they ask, "What do you think?" you're hesitant to say for any number of reasons. But go ahead no matter what.*

Scenario #1 — Synopsis

SCENARIO #2: *You're with the people who share a political or moral point of view different than yours. Speak your viewpoint with humility.*

Scenario #2 — Synopsis

Believe What You Say: Conviction ★★

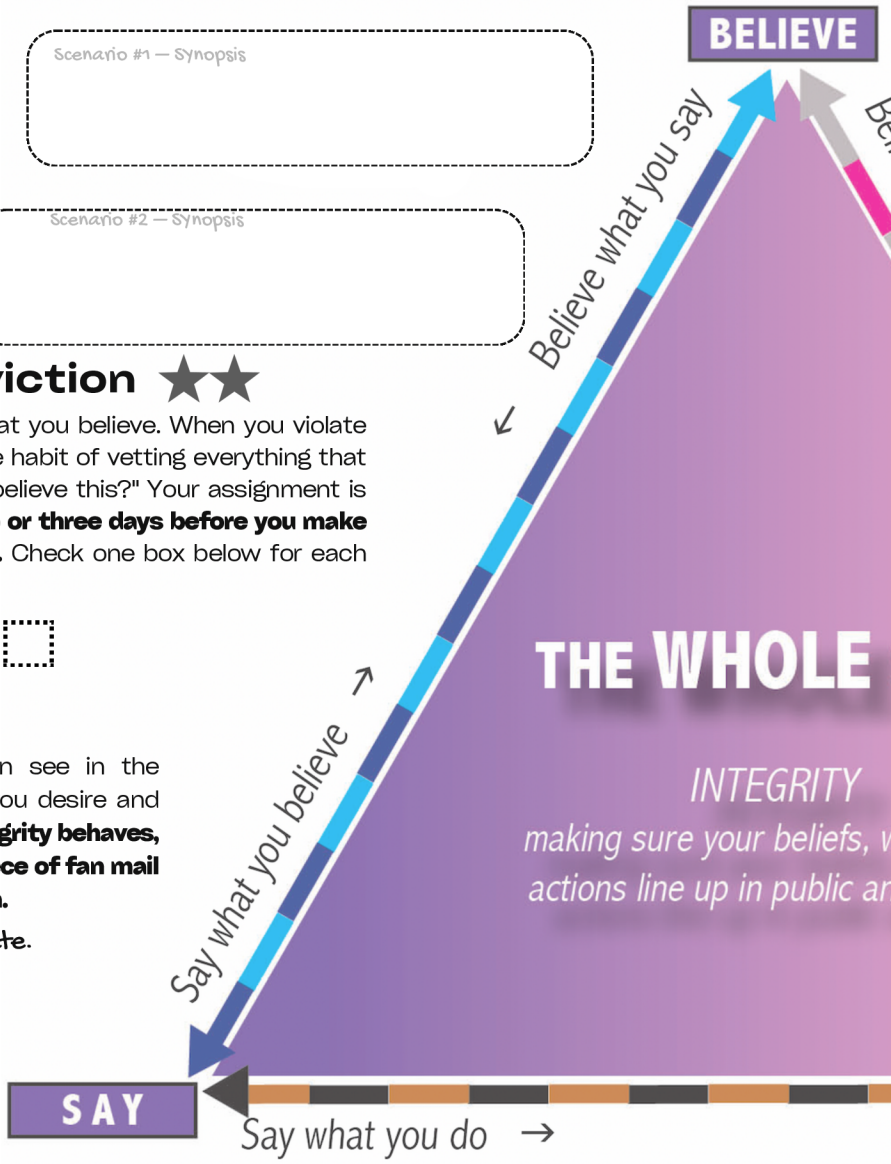
Integrity is a matter of speaking with conviction only what you believe. When you violate that your conscience won't like it. You must develope the habit of vetting everything that comes out of your mouth with the question, "do I really believe this?" Your assignment is to **ask yourself that question five times in the next two or three days before you make some statement of fact, opinion, information or advice.** Check one box below for each time you can't justify your statement.

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Fan Mail

Integrity is evident in numerous ways which you can see in the behavior of other people. Admiring those people helps you desire and pursue integrity for yourself. **Look at the list of ways integrity behaves, think of a person who behaves like that, send them a piece of fan mail (hand note, email) expressing your appreciation for them.**

- ☐ Doesn't say one thing in public and another thing in private.
- ☐ Sticks with convictions even when others might not understand or be pleased.
- ☐ Keeps his/her word no matter what unexpected things come up.



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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