PRACTICE EXERCISES

INTEGRITY

WEEK FOUR

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



Do What You Say: Hidden Promise #1 – Track Your Wills

Ask most people to describe a person with integrity and they will probably say, “You can count on them to do what they say they will do." So that's a good place to start. Doing what you say you will is a matter of keeping your word.

★ Have you ever wondered how many times a day you say the words I will? Sometimes they start a sentence, either to make a promise or prediction of what you plan to do. Sometimes they are a response to someone's request. Sometimes they almost hide away in the contraction: **I'll**. They come along so often they can pass across your lips unnoticed by you, but those who hear you say those words almost always notice. And what's more, they hear them as a promise – a promise you didn't even realize you were making. Since that is the case, you simply must notice every time you say the words and make a mental note. Or, and here's your assignment: carry a notepad or piece of paper around with you for the next two days. Jot down every time you say I will. Put an empty box beside each note and check it off when you have followed through.

Do What You Say: Hidden Promise #2 – Punctuality

★ Being punctual is an every day way of showing integrity. By virtue of our roles, responsibilities and relationships we have given built-in promises to be on time. People are counting on us to be on time. On a scale of one to 10 how punctual are you? (Circle the number below.)

1 2 3 4 5 6 7 8 9 10

★ Here's your assignment: **place a checkmark in one box to the right every time you are where you need to be at least five minutes ahead of time.** ☐ ☐ ☐ ☐ ☐ Score 2 stars when you've completed all five. You're developing a new habit to guarantee punctuality (i.e. keeping the implied promise.)

Say What You Do: Unhiding the Truth – Transparency

★ Transparency is being honest and open about who you are when no one's watching, and even when no one's asking, in case you're giving people the wrong impression. Because transparency can be hard, **your assignment is to practice transparency by making two admissions similar to the following:**

★ ☐ Something you do that others think comes easily for you, but it's harder than they think.

☐ Admit a struggle with discouragement, frustration or impatience when you may look OK.

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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