

INTEGRITY

(in-TEH-grit-ee)



When we think of integrity, we should be thinking “wholeness of character”. To see if we have integrity, we can ask ourselves the following questions:

- Do I live the way I expect others to live?
- Do I practice what I preach?
- Do my values stay consistent no matter where I am or who is with me?
- Are my thoughts, words, and actions earning my own self-respect?
- Am I putting the most time and effort towards the things that matter most to me?

If we can answer “yes” to these questions, we know our integrity is in good shape, or in other words, we are living with “wholeness of character”, meaning that our thoughts, words, and actions meet our expectations and we are never disappointed in ourselves.

If the answer is “no”, then there is good news: we are in the driver’s seat of our own lives and we have the power to change this TODAY, right now.

One of the most important reasons to live a life of integrity is to earn your own trust and respect. We cannot control the actions of others, but there is one person you can always depend on: YOU!

Many successful people have used the following strategy: they think of their life as a company or a small business. (YOUR

If the president makes a dishonest deal with another company, then the employee loses respect for the president. Also, if the employee does not finish the work that was supposed to be done, then the president is disappointed in the employee. The whole company suffers from these actions.

Your relationship with yourself is exactly the same. Each time your inner president and inner employee work hard together and accomplish something, you grow and improve as a person. Your company, your life gets ‘richer’ as a result.



Even though it sounds a little crazy, thinking of yourself as a “we” rather than “I” can really improve a person’s integrity. When your inner president and inner employee work together, get along, and do their duties, they achieve their mutual goals and are happy.

YOUR ASSIGNMENT IS ON THE BACK ---->

INTEGRITY ASSIGNMENT #3

NAME: _____

Complete the assignment to earn 1 homework stripe on your belt.

“Your Life is a Company.”

Great companies have a clear vision of their mission BEYOND the product they are selling. When they are deciding what to do, they make sure that their company’s actions line up with their mission.

Here are some famous company MOTTOS:

TED –	“Spreading Ideas.”	Apple –	“Think Different”
Google –	“Don’t be evil.”	Nike –	“Just do it.”
Ford –	“Quality is job one”	Adidas –	“Impossible is nothing”
Livestrong –	“Unity is strength, knowledge is power and attitude is everything.”		

And here is an example of a PERSONAL CREED:

I am light.
My purpose is to let my light shine, to shine light on others,
and to give people permission
to do the same.

An example of company MISSION STATEMENTS:

“To give people the power to share
and make the world more open and
connected.” – Facebook

“To improve the lives of cancer
survivors and those affected by
cancer” – LIVESTRONG

“Celebrating Animals, Confronting
Cruelty” - The Humane Society

1. Your assignment is to write a meaningful MISSION STATEMENT, PERSONAL CREED, or MOTTO for ‘Your Life Incorporated’. Try to make it concise, or short, while still carrying a strong and clear meaning. If you have a list of your goals or values, you might draw from those resources for ideas. It can be a short phrase, like a motto. Or it can be a longer sentence that defines your purpose in life, almost like an affirmation. Whatever it may be, it has to have meaning for YOU! Use more paper if you need.

write your name here **INC.**

Optional: Draw your company Logo in the box.

Once you have written your creed above, answer the following questions:

2. If your life was a company, what would be the MOST IMPORTANT thing your company would accomplish?

3. How or why does your mission statement, creed, or motto inspire you to have integrity?
