

Suggested Development Activities for INTEGRITY

- Identify an area in your life where you are not living with integrity and fix it. This might mean admitting a fault, changing your behavior, or being more honest at work or in a relationship.
- Do a secret random act of kindness without telling anyone.
- Commit to use your class, training, study, or work time more honestly and evaluate your success each day.
- Spend 10 minutes each morning or night planning for the next day. Use a journal, calendar, or other method that works for you.
- Make a list of 5 to 10 of your personal priorities. What are the things you most value most? Put your list somewhere you can see it and let your priorities influence your decisions this month.
- Identify an area of your life where disorganization is causing you to waste time. (loosing car keys, multiple trips to the grocery store, looking for shoes, etc.) Invest the necessary time to get it organized.
- Create your own Integrity development activity. Talk to your instructor, a parent, or a trusted friend if you need help.

