Integrity

integrity = **doing** what you **say** you believe is right

1) Explain the idiom "talk a good game." _____
What does the speaker mean when he says that when it's "Game Time," some people "don't show up"?_____

2) Do you know anyone who says s/he will be rich or very successful some day in the future? ____ Is s/he focused on pursuing his/her goals? ____ Tell two things s/he is doing to prepare to have a great adult life: a)_____
b) _____

3) **work ethic = how much work a person is willing to do to reach a goal or get a reward**
If 0 = someone who doesn't work at all, and 10 = someone who will do whatever it takes to reach a goal, what level of work ethic do you think it would take to do something truly great? Put an "X" over the number you choose.



Why did you choose this number? _____
What would this kind of effort look like? _____
_____

4) Why is talking and dreaming not enough? _____
_____

5) How does saying you're going to do something and not doing it show a lack of integrity?
_____

6) What usually are the effects of living with integrity on oneself and others? a) _____
_____ b) _____

7) What is the difference between the two idioms "talking the talk" and "walking the walk"? _____
_____

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8) Can you say with 100% honesty that when you SAY you will do something, you DO it? ____ Explain. _____

9) What do you do when you discover that some things you need to do to keep your word and goals are difficult or boring? _____

10) Why is it always, always, always more effective to SHOW someone what you have done than to SAY you could do it if you wanted to? _____

_____

Apply it!

In the past, when you told your parents you would bring up your grades, how likely were you to do that? ____ I did it. ____ I'd work at it a little. ____ I'd agree, but not do it.

If you say you will save up your money for something you really want, how likely are you to do that? ____ I'd do it. ____ I'd save for a little while. ____ I'd agree, but not do it.

When you tell a teacher you will make up missing work, how likely are you to do that? ____ I do it. ____ I do a little something. ____ I agree, but don't do it.

Are you an honest businessperson? If you were selling something (ex. a car, a phone) that you knew didn't work right, how likely would you be to tell the person who wanted to buy it about the problem? ____ I absolutely would tell him/her. I wouldn't tell, but I might knock the price down a little bit. ____ I wouldn't say anything about it.

Are you willing to work hard with your body to achieve your goals? ____ Yes. ____ Somewhat. ____ No. Explain: _____

Are you willing to work hard with your brains to achieve your goals? ____ Yes. ____ Somewhat. ____ No. Explain: _____

What are you doing right now to achieve your adult goals? _____

_____

Imagine you are 30 years old. How will you decide whether you are a successful adult?

_____

_____

Do you think integrity will be an important part of your life? ____ Why? _____

_____

_____

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