INTEGRITY

VOICES CHALLENGE | VIDEO 3 OF 6 | DAY 11

SECTION 3 OF YOUR 30 DAY VOICES LEADERSHIP GROWTH PLAN

A LITTLE INFORMATION

Integrity is alignment between values, words, choices, commitments, and behavior. It includes honesty with other people and honesty with yourself.

It also includes saying no when saying yes would make you resentful, depleted, or dishonest about what you can carry.

The question to ask: What would the right action look like if nobody applauded me for it? Does my behavior match what I claim to value?

THIS WEEK'S ACTION STEP

1. List five values you claim are important.
2. Next to each one, write one behavior from the last week that either supports it or contradicts it. Integrity begins where abstraction ends.
3. Make one small promise to yourself and keep it before the day ends. The size is irrelevant. You are training self trust through evidence.

WHEN YOU HAVE DONE THE STEP

Turn the page for this week's questions. Then type your answers into the form right under this week's video. Your answers are saved to your profile, emailed to you, and sent to JJ.

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THIS WEEK'S QUESTIONS (same questions as the form under the video)

YOUR QUESTIONS

Your five values, with one behavior from the last week next to each (supports or contradicts):

Your one promise, and the date you kept it:

SUBMIT YOUR ANSWERS

Type them into the form right under this week's video. Writing them here first is fine.