

KINDNESS AT HOME™ JOURNAL

INTEGRITY • Week 1 • Ages 13-Adult

The topic of integrity can feel overwhelming, but when we break it down it becomes much more manageable. One way to easily focus on integrity is to simply choose kindness all the time- even if no one will notice, even if you're tired, even if you feel like it's someone else's turn. You will always feel better if you choose to do what is right and kind in all situations. What are some small ways you can act with more integrity today?

Remember:

INTEGRITY means acting in a way you know to be right and kind in all situations.

Think about the choices you make daily:

- What choices do you make when no one is around?
- Would you change your choices if you were with other people?

YOUR TURN

Journal Prompt this week:

The choices we make speak to who we are and what we believe. Your actions should reflect your morals and values. Do your individual choices reflect who you want to be? If so, how? If not, what can you do differently?



