

## KINDNESS AT HOME™ JOURNAL

### INTEGRITY • Week 3 • Ages 8-12

Integrity and perseverance go hand in hand. Showing others that you can be trusted and are hardworking allows them to trust you with more things in the future. Sometimes this means doing something more than once or taking more time to do something right. Challenge yourself to use integrity and self-discipline to persevere when times are tough.

Remember:

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

This week we will practice using perseverance and integrity as you work through difficult problems and goals.

### YOUR TURN

Journal Prompt this week:

What do you want to be when you grow up? **Write out the next three steps you can take to inch closer to this goal.**



Think about a skill you have—how did you learn it? Was it hard to do at first? If so, how did you overcome that struggle?

What is something new you want to learn how to do? Why is this important to you? What is the first step towards learning this skill?

Think back to a test you took recently. How did you prepare for it?  
Did your perseverance pay off or was more preparation needed?

Think about a time you didn't prepare very well. What happened?  
How could you change things for the better next time?