

KINDNESS AT HOME™ JOURNAL

INTEGRITY • Week 2 • Ages 13-Adult

Your words and actions represent who you are. Can the people around you easily see your personal values in your words and actions? Pressure from others to fit in and ultimately compromise who we are can be intense at times. However, when we choose integrity, we no longer need to worry about our choices. Choose honesty and kindness and you have no reason to feel bad about your choices!

Remember:

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

This week we will practice making good choices. Read on to practice integrity.

YOUR TURN

Journal Prompt this week:

You have a big deadline at school/work. You have not prepared and there is no way you can finish in one night. What do you say the next day to your teacher or boss?

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