

KINDNESS AT HOME™ JOURNAL

INTEGRITY • Week 3 • Ages 13-Adult

Integrity and perseverance go hand in hand. Showing others that you are trustworthy, disciplined, and hardworking allows them to trust you with more responsibility and freedom in the future. Sometimes this means doing something more than once or taking more time to do something right. Empower 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 current goal do you have that requires perseverance? Write out the next three steps you can take to inch closer to this goal while staying true to yourself.



