

INTEGRITY EXERCISE

| |  YOU KEEP WORD HONESTY | THEM KEEP WORD HONESTY | DIFFERENCE? |
|---------------|---|---|------------------------|
| BOSS | _____ | _____ | _____ |
| PEER 1 | _____ | _____ | _____ |
| PEER 2 | _____ | _____ | _____ |
| SUBORDINATE 1 | _____ | _____ | _____ |
| | | | |
| |  FAMILY 1 | _____ | _____ |
| | FAMILY 2 | _____ | _____ |
| | FAMILY 3 | _____ | _____ |
| | Score yourself 0-100 | They score you 0-100 | Total difference |

“WASTE NO MORE TIME ARGUING ABOUT WHAT A GOOD MAN SHOULD BE. BE ONE.” – MARCUS AURELIUS

INTEGRITY RESOURCES

- Watch <https://www.youtube.com/watch?v=lq5BcrBLzMI>
 - Pay particular attention to the steps to help keep a promise. Write down each commitment you make for a week and then write down some “chains” that you can use with those promises/commitments.
 - Put your commitments, even if they’re small, into your calendar and track just how many promises you make each day, each week, each month. Block out the time to keep each commitment.
- Read <https://www.forbes.com/sites/amyanderson/2012/11/28/success-will-come-and-go-but-integrity-is-forever/#2d1e7fcb470f>
 - List the people you associate with who chronically lack integrity. (Remember, we all falter, this is not a time to be judgmental.) Is there a way you can avoid those people while boldly and tactfully holding them accountable until they realize the value of integrity? If not, do not associate with them. If you are required to do so on a professional level, do not associate personally.
- Watch the “Honest” videos from “The Ultimate Employee” program on Perspective.
 - Complete the PDF challenges and take them to your supervisor during your next evaluation.
- Read <https://www.thebalance.com/what-is-integrity-really-1917676>
 - Write down some specific examples of how you can show integrity at your job. They can be big or small.
 - Show those examples to a coworker or your supervisor and ask them to hold you accountable.
- Read *There’s No Such Thing as Business Ethics* by John C. Maxwell.
 - Summarize each chapter in a paragraph or two.
 - Write down which of the three traps you tend to most often fall into to violate your own ethical beliefs.
 - Write down the eight recommendations to increase ethical behavior. Develop a plan to improve in your weakest area for one week, then re-evaluate your weakest area and repeat.
 - Take the results of that plan to your supervisor during your next evaluation and get feedback.