



# The Virtue of Integrity

Integrity is living by your highest values. It is being honest and sincere. Integrity helps you to listen to your conscience, to do the right thing, and to tell the truth. You act with integrity when your words and actions match. Integrity gives you self-respect and a peaceful heart.

## *You are practicing Integrity when you:*

Think about what virtues matter to you

Stand up for what you believe in

Do the right things even when it is hard

Willingly clean up your mistakes

Think for yourself and avoid temptation

## *Affirmation*

I have integrity. I stand up for what is right. I mean what I say and say what I mean. I am my own leader.

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