



Integrity Worksheet

Integrity is about aligning your actions with your values and principles, even when it's challenging. This worksheet will guide you through self-reflection, identifying areas for growth, and strengthening your commitment to living with integrity.

Step 1: Define Integrity for Yourself

1. What does integrity mean to you? Write your personal definition:

○ _____

2. List 3 values that are most important to you:

○ Value 1: _____

○ Value 2: _____

○ Value 3: _____

3. How do these values guide your decisions and actions?

○ _____

Step 2: Reflect on Past Experiences

1. Think of a time when you acted with integrity, even though it was difficult.

Describe the situation:

○ _____

2. How did it feel to act with integrity in that moment?

○ _____

3. What impact did your actions have on yourself and others?

○ _____



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4. Reflect on a time when you compromised your integrity. What happened, and why?

○ _____

5. What did you learn from this experience?

○ _____

Step 3: Identify Challenges to Integrity

1. What situations or pressures make it challenging for you to act with integrity?

○ _____

2. How do you typically respond in these situations?

○ _____

3. What thoughts, beliefs, or strategies can help you stay committed to your values in these moments?

○ _____

Step 4: Strengthen Your Commitment to Integrity

1. Write down 3 affirmations or statements to remind yourself of your commitment to integrity:

○ Affirmation 1: _____

○ Affirmation 2: _____

○ Affirmation 3: _____

2. What daily actions can you take to align with your values? (e.g., honesty in conversations, following through on promises)

○ _____



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3. Who can you turn to for support or accountability when faced with difficult decisions?

○ _____

Step 5: Practice Integrity in Small Ways

1. List 3 small actions you can take this week to practice integrity in your daily life:

- Action 1: _____
- Action 2: _____
- Action 3: _____

2. Reflect: How do these small actions contribute to a life of integrity?

○ _____

Step 6: Reflect on Progress

1. How has practicing integrity impacted your relationships and self-esteem?

○ _____

2. What have you learned about yourself through this process?

○ _____

3. What is one area where you'd like to continue growing in integrity?

○ _____

Closing Thought Living with integrity requires consistent effort and self-awareness. By aligning your actions with your values, you build trust, respect, and a sense of fulfillment.

Reminder: Integrity is not about perfection—it's about striving to do what's right and learning from your experiences.



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