

⚡ EPISODE 15

# Living With Integrity

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## Action Plan: Living with Integrity

### **At Work — Choose the Unseen Right**

This week, do one right thing that no one will notice. Maybe it's cleaning up without credit, being honest about a mistake, or speaking well of someone behind their back.

Integrity grows in those quiet choices.

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### **At Home — Keep One Commitment You Don't Feel Like Keeping**

Follow through on something small, a promise to your spouse, time with your kids, or a task you said you'd finish.

Remind yourself: My family sees my real integrity.





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### **For Students: Finish What You Started**

Pick one thing you've been tempted to quit; a class, a sport, a project and decide to finish strong.

Write down: I will do what I said I'd do, even when I don't feel like it

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### Daily Reminder

- Start or end your day with this short line: Integrity is what I do when only God is watching.
- Let that truth shape every unseen moment.