



DAY 2: THOU SHALT HAVE INTEGRITY.

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Integrity: adhering to specific behaviors, actions, expectations and outcomes as if they were the right way to be.

Once you have examined loyalty, integrity is next. Does someone have the same morals you? Does your significant other keep their promises to you? How about with others? Pay attention to what someone says and what they do. That's very telling of their character. Action always speaks louder than words.

Gauging integrity requires a personal reality check. Begin with critiquing yourself before judging someone else's integrity. There's nothing wrong with having standards as long as you hold yourself to them as well.

Is lying ever justified?

- To protect a loved one?
- To spare their feelings?
- To protect yourself?

Life is full of grey areas. Integrity is not a black/white topic. The important thing is to know yourself well enough to know what compromises you're willing to make with someone else's choices.

What is the context? "Would you lie" is a loaded question because answers would change depending on the circumstances.



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Take a few minutes to answer the following and reflect on your responses:

Would you (have you) ever cover for a coworker who leaves early, takes long lunches, pockets office supplies, etc?

Do you keep secrets from your partner? If so, what kind and why?

Have you ever had to embellish a story?

How much do you judge others? What do you judge them for?



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