

Resource 2 (Activity 2)

Acting With Integrity

A person of integrity has the ability to stick by what he or she thinks is right, even when the consequences of doing so might be difficult for them.

1. Think of a time when you did something against your better judgement. Describe the situation.

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2. How did it make you feel?

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3. Why do you think you did it, even though you felt it might not be the right thing to do?

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4. How might you do it differently next time, if you could?

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5. Do you think that you usually act with integrity?

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6. What morals, values and beliefs are important to you personally and support your ability to act with integrity?

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7. What do you think can sometimes stop you acting with integrity?

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8. What could you do to help yourself act with integrity?

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9. What could you do to help others to act with integrity?

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