



Weekly Character Challenge

INTEGRITY

authentic ▪ candid ▪ consistent ▪ principled ▪ transparent

holds oneself to a high moral standard and behaves consistently with ethical standards even in difficult situations; is seen by others as behaving in a way consistent with personal values and beliefs; behaves consistently with organizational policies and practices

MORNING

AFTERNOON

M

Write down five of your most important values (e.g., truth, fairness, etc.). Keep them in a place that's easy to see, and for the rest of the week, pause to read them before you make big decisions. Are your actions aligned with your values?

Reflect on how your values may intersect with your company values, mission, or vision. Find a list of your company's principles, then identify similarities between the two. How can you ensure you're reflecting your organization's values in your own actions?

T

This week, take note of the commitments you make. Include little things like "I'll have you over for supper sometime," or "We should watch that movie when it's out." Write these "promises" down and work your way through them over the next few weeks. This will help you practice staying true to your word.

Think of something that has been bothering you because it conflicts with your ethical code. Take time to understand why, and how it can be changed to align with your moral principles. Speak with someone else who is involved in the situation (e.g., a friend or supervisor). Respectfully but truthfully explain what you think could be improved, and how you would be willing to help.

W

What is one main value that you can express today in your actions? Set an intention at the start of the day to do something that reflects your personal values and carry it out. For example, if you value generosity, make sure to give someone a compliment, some help, or money to a charity by the end of day.

Is there anything you sometimes do at work that you wouldn't do if a superior were present (e.g., excessive non-work-related internet use)? This week, choose one of those habits and try to notice each time it is about to happen. Remind yourself of the potential consequences of this behavior and switch your behavior to be better aligned with your personal or professional standards.

T

This morning, strive to be honest and authentic with yourself. Do you feel like any of your needs are currently not being met? Are you compromising any of your values to meet others' needs? See if you can set new boundaries that help you protect your own needs and stay true to your personal values.

When you're communicating with others about decisions you've made, be transparent about your thought process and how it led to your final decision. Others will appreciate understanding why you've made certain judgment calls and will come to trust your integrity over time.

F

Today, challenge yourself to always tell the truth. Avoid telling even white lies; remember that it can be better not to say anything than to say something without integrity.

Today when you're driving, even if no one is watching, practice following all the rules of the road. Some habits to consider: Do you come to a full stop at stop signs? Do you signal all your turns? Do you follow the speed limit? Driving impeccably is good for road safety and can reinforce your commitment to integrity.