

Integrity

OCTOBER 2023



SAY IT:

Repeat the definition 5 times before you go to bed.

Integrity: Choosing to be truthful in whatever you say and do

KNOW IT:

ASK A GROWN-UP:

- How does it make you feel when someone isn't truthful with you?
- How does it make you feel when someone is truthful, even when it is hard?

ASK A KID:

- Have you had someone tell you a lie recently? How did it make you feel?
- Can you think of a time you told a lie? How did that make you feel?

SEE IT:

Read the following quotes and have each family member pick their favorite. Tell each other why it is your favorite and what it means to you.

"Always do right. This will gratify some people and astonish others." — Mark Twain

"The time is always right to do what is right." — Martin Luther King

"When I do good, I feel good. When I do bad, I feel bad." — Abraham Lincoln

"Honesty is the best policy. If I lose my honor, I lose myself." — William Shakespeare

"Anyone who doesn't take truth seriously in small matters cannot be trusted in large ones either." — Albert Einstein

BE IT:

As a family, create a quote about honesty, truthfulness, and integrity. Decide why it is important, how it supports the family, how it improves your life and others' lives, and the positive impact it has on the world. Once you have a quote that summarizes the importance of integrity, write it on a poster and hang it where the whole family can read it every day. When you are in a situation that calls for honesty and integrity, remember your family quote and proceed with integrity.

PHASE

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Before you can lead someone where they need to go, you need to know where they are.

That's why it helps to understand what's changing...physically, mentally, relationally, culturally, emotionally, and morally.

The more you know them, the more they will...

- Know they matter.
- Believe they can win.
- Feel like they belong.
- Decide what they should do.

Remember, if you don't know who you are talking to, you can't really expect them to listen.

So don't miss it. The better you understand who your kids are now, the better they'll understand who they're meant to be.