

Integrity 10 Chart



Use this form to write down your “integrity to-dos”—the big and little stuff that needs to get completed so that you can feel like you’re full of integrity. Write down a one-word summary in each of the 10 circles below. If you wish, you can even write in the number of minutes or number of “quarter hours” it should take you to complete that item. This chart turns integrity into a game!

A pyramid-shaped arrangement of 10 light blue circles. The top row has 1 circle, the second row has 2 circles, the third row has 3 circles, and the bottom row has 4 circles. Each circle is empty and intended for writing.

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