

WHAT IS Integrity?

Integrity refers to honesty in all personal, professional and academic endeavors.

Certainly, integrity is being honest and truthful....honesty and integrity go hand in hand. However, there is more to a life of integrity than just not telling lies. A person that acts with integrity processes 5 characteristics:

- **Honest.** Honesty is telling the truth, no matter the consequences. Being honest is having the courage to always do what is right. An honest person does not tell lies or withhold the truth in any way.
- **Trust.** Trusting other people and gaining others' trust is crucial in many aspects of life. If you are an honest person, people will trust you.
- **Respect.** Being respectful of yourself and others will make other people respect you. Respect other people's ideas, time, and hard work.
- **Fairness.** Treat everyone equally and to clearly outline their expectations.
- **Responsible.** We also must all be responsible for our own actions. We can all try our hardest to discourage others from doing wrong.

Mother Teresa – A Life of Integrity

Mother Teresa lived a life of integrity and great service to others. Your children read an account of her life and discussed the following questions.

- How do you want to be remembered after you die?
- Does thinking about how you want to be remembered tell you anything about how you should live your life?