Living with integrity means that the way we choose to act matches our values. Values are beliefs about what is important in life. They shape the way we think and respond to events in our lives. A core value is something you believe in so strongly you cannot imagine its absence. Examples of core values include, but are not limited to, education, family, love, friendship, authenticity, wisdom, happiness, justice, and truth. Our actions are guided by values, whether or not we are aware of it. When we live with integrity, we stay true to our values.

**How do you know if you are living with integrity? Ask these questions:**

- What are my values? What do I hold most important in my life?
- How do I outwardly live my values?
- How would my friends describe what’s important to me?
- What do I find pulls me away from my values?
- How do I feel when I am not living what’s important to me?
- What can I do to live my values when I’m faced with difficult choices?
- What support do I need to help me stay true to my values?
- To whom do I need to talk to help ensure I live with integrity?