

# Living with integrity

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?



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