

J.P. Wood Martial Arts
249 E. Northwest Hwy, Palatine, IL. 847 / 705-8714
CHARACTER BUILDING – PILSEUNG PROGRAM
“Total Success for your Mind and Body”

INTEGRITY - the Second Tenet for your 2021 Success

Each week we will follow the list below to add the next idea / action to work or improve on.

INTEGRITY: SAYING AND DOING WHAT IS RIGHT. LIVING UP TO YOUR VALUES

1. Week 1: Integrity is telling the truth when you are asked.
Integrity is admitting when you have made a mistake

2. Week 2: Integrity is doing what you are supposed to do, even if no one is looking

3. Week 3: Integrity is not taking things that don't belong to you.
Integrity means someone can count on you to be a true friend, honest and strong (not dishonest)

4. Week 4: Integrity means you understand the difference between right and wrong, and you follow your values.

5. Week 5: Answer these questions:
 - Why does having integrity make things easier?
 - Who are people that can show good integrity?
 - Why is being reliable part of integrity?
 - What does it mean if a bridge has integrity?

STUDENT/PARENT STATEMENTS:

- I/my parent has read and I understand what this information on integrity means.
- I have worked hard on these areas in order to improve my integrity.
- I have shown improvement in being honest, a good friend, and telling the truth.
- I will continue to work on these areas to continue to improve in the Tenet of Integrity.

Student or Parent(s) comments, specific examples of improvements shown, etc. _____

Student: _____ Parent(s) _____

Directions: Review and discuss these ideas with your child. Guide them in practicing honesty, truthfulness and integrity. If you and they feel they have worked hard to improve their integrity over the course of this section, please sign and have them sign this sheet and return it to the front desk. We will keep track of all the character building units they complete.