



SAINT JOSEPH CATHOLIC HIGH SCHOOL

# INTEGRITY

## INTEGRITY IS

- the inner sense of "wholeness" deriving from qualities such as honesty and consistency of character.
- the implementation of His ways in the practice of our daily Christian lives. We are adhering to His rules, morals, and principles.
- disciplining yourself to do more and more of those things that a thoroughly honest person would do, under all circumstances.
- doing the right thing, knowing that nobody is going to know if you did it or not.

## INTEGRITY QUOTES

- When I do good, I feel good. When I do bad, I feel bad. Abraham Lincoln
- If you have integrity, nothing else matters. If you don't have integrity, nothing else matters. Alan Simpson
- The Bible gives us inspiration and guidance to live a life full of integrity. By living with integrity we help to become a better witness to others and live more like our savior Jesus Christ. Josh Wiley

## Brian Tracy says...

(Success Expert/Entrepreneur/Author)

- Lack of integrity: Psychologists have determined that most stress and negativity comes from attempting to live in a way that is not congruent with your highest values. It is when your life is out of alignment, when you are doing and saying one thing on the outside, but really feeling and believing something different on the inside, that you feel most unhappy.
- Living with integrity: Always keep your word. Be a man or a woman of honor. If you say that you will do something, do it. If you make a promise, keep it. If you make a commitment, fulfill it.
- It's easy to make promises and hard to keep them, but if you do, every single act of integrity will make your character a little stronger. And as you improve the quality and strength of your character, every other part of your life will improve as well.

## The Bible says...

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. (Philippians 4:8-9)