INTEGRITY

I will have the moral courage to make my actions consistent with my knowledge of right and wrong.

Personal Progress

COMPLETE 1-3 & CHOOSE 3 FROM 4-7 THEN...YOU ONLY HAVE TO COMPLETE YOUR PROJECT (THERE'S PLENTY OF IDEAS TO CHOOSE FROM ON THE LAST PAGE) AND YOU HAVE INTEGRITY COMPLETED!!!

#1 COURAGE-STANDARDS
“Living by our beliefs and standards”

#2 COURAGE-PERSONAL
“Assess your personal integrity”

#3 COURAGE-SHOW
“Having the courage to show integrity”

#4 COURAGE-EXAMPLES
“Women who are righteous examples”

#5 COURAGE-STAND
“Standing as a witness of God”

#6 COURAGE-FASTING
“Living the law of the fast”

#7 COURAGE-FAMILY
“Protect your family from the world”

Integrity
Follow me @ smileyourhappy.wordpress.com
#1 COURAGE-STANDARDS
“Living by our beliefs and standards”

Integrity is the willingness and desire to live by our beliefs and standards. Read:

- Moroni 10:30-33
  What does it mean to “deny yourselves of all ungodliness”?
- For the Strength of Youth pamphlet
  How do the Lord’s standards differ from the world’s standards?

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<th>Behavior</th>
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I plan to stay morally clean and worthy to attend the temple by...

Keep standards for 30 days

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<tr>
<th>After keeping your standards for 1 month, record your feelings below:</th>
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INTEGRITY
FOLLOW ME @ SMILEFYOURHAPPY.WORDPRESS.COM
"Assess your personal integrity"

Conduct a self-assessment of your personal integrity. Honestly answer the following questions by circling “Y” (yes) and “N” (no):

**DO I AVOID...**

- Y N gossip
- Y N inappropriate jokes
- Y N swearing
- Y N profanity
- Y N being light minded about sacred subjects

**AM I COMPLETELY...**

- Y N truthful
- Y N morally clean
- Y N honest
- Y N dependable
- Y N trustworthy in my schoolwork and other activities

Pray daily for 2 weeks, asking for strength & guidance of the Holy Ghost to help you live with integrity.

**MORNING**

|   |   |   |   |   |   |

**EVENING**

|   |   |   |   |   |   |

List things you can do to improve your personal integrity and add at least 1 new habit you would like to develop.

I can do...

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

**MY NEW HABIT(S) IS/ARE...**

__________________________________________________________________________

__________________________________________________________________________
The Savior is the perfect example of integrity; He did what He promised the Father He would do. Read:

☐ 3 Nephi 11:10-11

Study the lives of other individuals in the scriptures who lived with integrity. Explain how they showed Integrity.

☐ Genesis 39
☐ The Book of Esther
☐ Job 2:3 & 27:3-6
☐ Daniel 3 & 6
☐ Acts 26
☐ Doctrine & Covenants 124:15
☐ Joseph Smith—History 1:21-25

Think of a time when you had the courage to show integrity, especially when it was not easy or popular. Write it down and share your experience in a testimony meeting, lesson, or with a parent or leader.

________________________________________

________________________________________

________________________________________

I shared my experience with... ____________________________________________

signature of parent, leader or adult
Define the word integrity from the dictionary.

Integrity is . . .

Interview your mother, grandmother, or another woman you respect about her understanding and application of integrity.

I chose to interview . . .

Interview Questions

1. What does integrity mean to you?
2. How have you applied integrity in your life?
3. Who has influenced you the most by their integrity?
4. Will you share an experience where you showed integrity?

Make a list of ways you can make your actions consistent with your knowledge of right and wrong

1.
2.
3.
4.
5.

Explain what integrity means to you.

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
Standing as a witness of God requires great courage. Read:

- Mosiah 18:9

Record how you can personally “stand as [a witness] of God at all times and in all things, and in all places”.

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Choose a personal behavior that you need to improve so you can be a better example.

The personal behavior I chose is... 

Develop integrity in your life as you practice your new behavior for three weeks.

Record your progress after 3 weeks of practicing your new behavior.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
________________________________________________________________________
Courage-Fasting

“Living the law of the fast”

Living the law of the fast is an opportunity to practice integrity. Fasting means to go without food or drink.

See: Gospel Principles Chapter 25:Fasting for more information

Fasting
Since the time of Adam, God's people have fasted to help them draw near to Him and to worship Him. Jesus showed the importance of fasting by His own example (see Luke 4:1–4). Through latter-day revelation we learn that the Lord still expects His people to fast and pray often (see D&C 88:76). Fasting means to go without food and drink. Occasional fasting is good for our bodies and helps our minds become more active. The Savior taught us that purposeful fasting is more than just going without food and drink. We must also concentrate on spiritual matters.

We Should Pray When We Fast
Prayer is a necessary part of fasting. Throughout the scriptures, prayer and fasting are mentioned together.

We Should Fast with a Purpose
Fasting can have many purposes. We can overcome weaknesses or problems by fasting and praying. Sometimes we may wish to fast and pray for help or guidance for others, such as a family member who is ill and needs a blessing (see Mosiah 27:22–23). Our purpose in fasting should not be to impress others. The Lord counseled: "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast.

Fast offerings
When we fast each month, the Lord asks us to help those in need. One way we do this is by giving through the proper priesthood authority the money we would have spent on food for the two meals. We should give as generously as we are able. Through our fast offerings we become partners with the Lord in administering to the needs of our less-fortunate brothers and sisters.

Fasting Teaches Self-Control
Fasting helps us gain strength of character. When we fast properly, we will learn to control our appetites and passions. We are a little stronger by having proved to ourselves that we have self-control.

Fasting Gives Us Spiritual Power
When we fast wisely and prayerfully, we develop our faith. With that faith we will have greater spiritual power.

1. Generally, what day is set apart for fasting?
2. How many consecutive meals do you go without?
3. How does our attitude influence our experience when we fast?
4. In what ways has fasting taught and blessed you?
5. Why do we contribute fast offerings?

☐ I opened my fast with a prayer.

My fasting purpose is...

You might fast for a sick friend, to overcome a bad habit, to obtain a special blessing for yourself or someone else, or to give thanks.

☐ I contributed to my families fast offerings
☐ I closed my fast with a prayer.
#7

**COURAGE-FAMILY**

"Protect your family from the world"

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### Make a list of issues, trends, and problems that weaken the family.

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Read "The Family: A Proclamation to the World" & the section on family in "For the Strength of Youth" pamphlet.

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Research in 2 additional Church magazines articles how we can strengthen our families lives by living the Gospel of Jesus Christ.

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Make a list of issues, trends, and problems that weaken the family.

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**PRESENT FAMILY GOALS**

Record how you will strengthen your present family and the values and traditions you want to establish with your future family.

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**FUTURE FAMILY GOALS**

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PROJECT IDEAS

Integrity

- Hold a Conference party
- Alter your clothing to be more modest
- Learn a song and sing/play it for church
- Compile quotes from General Authorities about Integrity
- Make Personal Progress reminders for Young Women’s
- Put together a devotional book
- Learn how to dance
- Organize an alternative post-Prom party
- Read a book by a General Authority
- Create a day by day calendar with quotes from General Authorities
- Read “Using New Media to Support the Work of the Church” by Elder M. Russell Ballard and start a blog
- Make a conference Binder
- Make a faux tile picture of the temple and display it somewhere visible. Write feelings about the temple and a plan for preparing to enter the temple on the back.
- Plan and lead a campaign to keep Christ in Christmas this year.
- Sew your own prom dress
- Sew an article of clothing
- Type up old family journals
- Create a work of art
- Organize and present a modesty fashion show
- Re-watch Conference and write in your journal how talks apply to Integrity
- Sew your own temple dress

Ideas for projects from: thepersonalprogresshelper.com
Till I die I will not remove mine integrity from me (Job 27:5).

I will have the moral courage to make my actions consistent with my knowledge of right and wrong.

**My Project is:**

My plan to carry out my project is:

1. 

2. 

3. 

4. 

**Evaluation:**

My Integrity project... (include how you felt and how your understand of Integrity increased)

Parent or leader approval initials

Start date

Completion date

Parent or leader signature of project completion

Hours spent