



Day 18: My Integrity Statement Builder

Use this worksheet to craft a personal integrity statement that anchors your decisions. This is about clarifying what you believe, how you want to lead, and what you're committed to choosing-especially when it's hard.

1. What challenge or pressure do you face often?

Example: When faced with pressure to please...

2. What value or principle do you want to choose in those moments?

Example: I will choose honesty...

3. Why does this value matter to you?

Example: Because I believe truth...

4. What are you choosing to prioritize less?

Example: ...matters more than comfort.

Now put it all together:

"When faced with _____, I will choose _____ because I believe _____ matters more than _____."

Reflection:

Where in your leadership or life are you being called to live this out more fully?

How can you practice this integrity statement in real decisions this week?