



# Black Belt EXCELLENCE

## Integrity

Following closely a code of ethics that is aligned with **character**.

It means being honest and trustworthy (**sincerity**), reliable and faithful, upright and principled in the way you act (**self-control**) and being consistent with your actions. Integrity includes, but goes beyond honesty. Honesty is telling the truth while integrity is matching our words to reality. We have to try to do our best in everything we do (**effort**), and treat others with respect and kindness (**etiquette**). Like a super hero, a black belt lives by the meaning of our honor code to help our community, family, and ourselves.

Complete the assignment about Integrity. Parents, discuss the importance of following rules of conduct and integrity even when it is viewed as unpopular by others.

This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

Student Name: \_\_\_\_\_

Student Rank: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**DUE BEFORE MARCH 15<sup>TH</sup>**

### 5 Requirements of the BBE Stripe

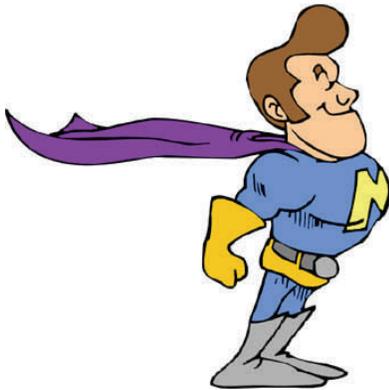
- Responsible behavior at home
- Responsible behavior and passing grades at school
- Overall performance and attendance at the dojo
- Participation in BBE Mat Chats in class
- Returning the BBE monthly activity

# ***Integrity is a Super Power!***

Integrity is matching reality to our words - which means, keeping promises and fulfilling expectations. Do what you say you are going to do. Be who you say you are. Integrity is living by a moral code and showing it in our actions.

From the list below, decide if the action has the integrity of a HERO or is an action of a ZERO!

## ***Hero***



## ***Zero***



## ***or***

Write the letters that match each on the spaces under "Hero" or "Zero"

- A. This person would never Lie.
- B. This person would never Talk behind someone's back.
- C. This person laughs at other people.
- E. This person would never Fail to keep promises.
- D. This person says things that hurt other people's feelings.
- E. This person would never Be afraid to apologize for mistakes they make.
- F. This person Acts like someone they are not.
- G. This person never does what they say they are going to do.
- H. This person enjoys helping others.
- I. This person is nice to people only when they want something from them.
- J. You can always believe this person.

Write a list of actions that has the integrity of a HERO!

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## TEEN/ADULT INTEGRITY ASSIGNMENT

Think of a time you used integrity in a situation.

1. Why did you choose to use integrity?
2. Did the outcome reward your integrity?
3. If it didn't, did that change your using integrity in other situations?
4. How does using integrity help build your confidence?

“Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.”

*W. Clement Stone*