



TM

presented by the
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EDUSODE 3

Integrity

My Personal PODs • points of decision

1. Recall and relate a situation where you saw someone act with integrity.
2. Describe a time when you faced a POD (Point of Decision) involving integrity.
3. What were your inner responses to that? (fear, confusion, avoidance, or?)
4. Sometimes looking at the opposite of a value can sharpen the value under consideration. What would the opposite of integrity be to you?
5. Those who study ethics and values, say the opposite of integrity is hypocrisy. Do you agree, or disagree? Explain your answer.
6. How would you describe hypocrisy?
7. When have you seen hypocrisy in action?
8. What were your inner response to that hypocrisy?
9. Write down at least two take-aways from this edusode that grabbed your attention about integrity as a personal moral compass point.
10. What are three specific and measurable, actions, activities, or practices you will do this week to reinforce and strengthen integrity in your life?
11. Do you think these will add to your load, or lighten your load? How so?
12. How can your “battle buddy” help you achieve the three goals you have set for yourself?