

# INTEGRITY

Integrity is about more than just being honest. It's about doing what is right for the right reasons. Not for attention, accolades, or rewards - but simply because it is the right thing to do regardless if anyone knows or not.

“Don't walk through life just being an athlete. Athletics will fade. Character and integrity and really making an impact on someone's life, that is the ultimate goal.  
– Ray Lewis”

## SELF REFLECTION CHALLENGE

What would you do if?

- ...you saw your teammate stealing a bow from a vendor at a competition?
- ...you noticed that a stranger dropped a \$20 bill the same day you wanted to buy something for you?
- ...you saw the last piece of chocolate cake in the fridge but knew your sister was hoping to have it for dessert?
- ...you jokingly said something at practice and later heard it as rumor?
- ...you witnessed a classmate being bullied in the hallway at school?

Who in your life is an example of living with Integrity?

Describe someone you know with Integrity

What changes can YOU make to become a person of Integrity?



I will do my part  
No matter the situation  
To ensure high character  
Every minute, hour, and day  
Giving of myself  
Respecting the sports of Cheer and Dance  
Investing in others  
To leave All Star and our Program a better place for  
You

