

# Integrity 10 Chart

Use this form to write down your "integrity to-do's" -- the big and little stuff that needs to get completed so that you can feel like you're fully integrous. Write down a one-word summary in each of the 10 circles below. If you wish, you can even include the number of minutes or number of "quarter hours" it should take you to complete that item. This chart turns integrity into a game

