

Integrity 100 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 just below each of the 100 circles below and fill in the circle immediately above it as you complete that item. If you wish, you can even write in the number of minutes or number of "quarter hours" it should take you to complete that item and keep a running total for each row (in the boxes at left and a grand total at the top right box. This chart turns integrity into a game!

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