

# Reflection Assignment

Write a reflection in your journal about how one of the following quotes relates to the definition of integrity:

Quote #1: "Integrity is what we do, what we say, and what we say we do." --Don Galer

Quote #2: "Never separate the life you live from the words you speak." --Paul Wellstone

Quote #3: "The measure of a man's character (integrity) is what he would do if he knew he never would be found out." --Thomas Macaulay

OR

If you choose to write on a personal experience: Write about a time when you demonstrated integrity. Describe how knowing and doing what was right made you feel.

