

# *Thought in Action*

## **INTEGRITY**

### ***Welcome to Thought in Action***

*The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Martial Arts Center part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.*

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# *Be a Black Belt Leader*

## Lesson 6: The Value of Having Integrity

### *Bring Your Practices into Your Daily Life*

Integrity is the most important thing that a person can have. We will define integrity as *always doing what you think is right*. This means that you should never lie (not even a little), you should never cheat, and you should never do anything else that you think you should not do. Even if you think that nobody else will know, you still shouldn't do something that you know to be wrong. Because, you see, you will know. Even if nobody else ever does find out. And there will still be negative ramifications for these actions.

Of course it goes without saying that you should always behave with integrity around your family, friends, teachers, and even people that you don't know. Even if you feel that they have not. If you do what you think is right then others will see this and respect it, even if sometimes they disagree with you.

### *The Yin and Yang of Integrity*

Having integrity can be a very challenging thing. Most people, to be perfectly honest, don't have it. Most people are honest only when it suits them, but should doing the right thing be in any way inconvenient it goes right out the window. The thing is though— these people are short sighted. It is true that sometimes for a short period of time a lie or other dishonest act may work in your favor. But remember that over the long term a lack of integrity will always come back to haunt you.

Sometimes being honest —especially if you did something wrong that you have to admit to or something happened that just makes you look bad— having integrity is very difficult because it means that you will have to face whatever negative consequences there are for your actions. And this is true. You will face negative consequences if you do bad things either on purpose or by accident. But if you lie about it now you will find yourself in a tremendous amount more trouble later when the truth finally does come out. And it will eventually.

In these situations do yourself a favor and first of all try to always do the right thing. If you make a mistake while trying to do what you think is right, own up to it right then and face whatever consequences there are. At that time you can learn from your mistake and never repeat it. If you lie though, you will have to face something much worse in the future.

Always do what you think is right and you can't go wrong!

## Task 6: Acts of Integrity

## Lesson 6: The Value of Having Integrity

### Task 6: Integrity in Action: Your Task

To have Integrity means to follow through with what you know is right. If you know, think, say, and believe what is right...follow through with it. Most of us know what is right. We have an internal understanding of this. Don't be fooled by anyone to go against this understanding of what you know inside. You will encounter many individuals who will knowingly or unknowingly attempt to sway you. Sometimes that person will be you. Be disciplined to stick to what is right by thinking and acting appropriately.

**Your task for your next belt is 10 acts of Integrity.** If you see someone doing or saying something you know is not right, respectfully suggest something or guide them to the right action. This may mean taking someone aside and having a polite discussion, role modeling the right way, writing them a note, pointing out someone else doing the right thing, and what benefits there are to doing so. This is sometimes difficult. However, this is what being a Black Belt Leader signifies: doing your best to live the virtues of the Black Belt all of the time, and showing (Leading the Way) others what benefits there are to doing so. Are you beginning to live by the Student Creed and the virtues of the Black Belt Leader?

### Goals : Targets

**My Target Date For My Next Belt is**  
\_\_\_\_\_ month \_\_\_\_\_ year.

**My Black Belt Target Date is**  
\_\_\_\_\_ month \_\_\_\_\_ year.

Now set a goal for yourself to have more integrity with your friends.

My Goal to improve acting with integrity with my friends is to

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Dear Parents and Teachers,*

*It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and/or at school.*

**Students**

**Name:** \_\_\_\_\_

**Teachers:**

- 1) How well do you feel this student has been working up to his/her ability in school?  
Excellent Good Average Poor
- 2) Please rate this students integrity with others.  
Excellent Good Average Poor

Comments: \_\_\_\_\_

**Parents:**

- 1) Do you feel that your son/daughter has shown improvement in attitude, behavior, and character?  
Yes No

Comments: \_\_\_\_\_

### Checklist for Belt Promotion

- 1) Have you completed your Task (10 Acts of Integrity)
- 2) Have you improved your conduct at home, school , and in the community? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid all of your Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Master Croley to earn your gold tip for your belt.

## Task 6: Acts of Integrity