

LAW 5: Integrity ~ Doing what you said you were going to do, when you said you were going to do it.

Explanation of Law: Integrity is a deep personal feeling knowing YOU are being honest and good. Having integrity means you care to be and do things the right way.

Effects of Law: What if you trusted a teammate to wash your Gi cause you were not able to and instead they just sprayed it with Febreze, would that be ok with you? No, it wouldn't be ok. This shows that their integrity isn't very high. Meaning they didn't follow through with exactly what they said they would do for you and in a way that is good and correct. Learning to have high standards of integrity for yourself tells your team that you can be trusted, and even better, that things you say you will do, in the exact way you said them, actually gets done. You will feel a lot of personal pride when doing EXACTLY what you said you would do. Your team, coaches, and school will know they can rely on you, which is AWESOME!

Examples of Law:

1. Knowing what types of behavior of your own needs to change so you act and do things with integrity.
2. Be around others who have a good sense of integrity and who act with good judgments.
3. Write down what values you care about and try to live them or follow through on them. Example: "I care about washing my hands every time I use the bathroom". You are choosing to be clean and being clean for others around you because it's the right thing to do.
4. Before you tell someone you can or will do something, be sure you can actually follow through and do it.
5. Be aware of people, gossip, social media posts that try to lower your integrity or what you think is the right way to act.
6. If you make a promise, you must keep it.
7. Be honest when using all three types of communication. (Law 2)
8. Showing up to class with the right attitude and equipment because we expect you to because you made a commitment to.

Ninja Tip: If unable to do something when you said you would do it, you can keep your integrity or still be relied on and trusted as long as you ask for help, ask questions, apologize (if need be) and try to figure out why you didn't follow through or care to do something with integrity. It will show that you care about your integrity and want to improve it.

Law Training: Everyone write down and then discuss a time when you didn't have/show good personal integrity. Explain the effects and out come from that choice and what you could of done differently.

LAW 5: Integrity ~ Doing what you said you were going to do, when you said you were going to do it.

Conclusion: Doing the right thing is always the right thing. It feels good when you can tell yourself that you are a good person who loves to do the right thing. Following through on all your promises and communicating good actions and thoughts will keep your integrity strong. It will take some work and it's always something you need to be on the look out for because what sometimes feels easy to do is also easy NOT to do.