



mSansi
RESPECTED

8-WEEK RESPECT JOURNEY™

WEEK 3

LIVE WITH INTEGRITY



WEEK 3: LIVE WITH INTEGRITY

Character is what you do when nobody is watching.

“I choose honesty, consistency, and trust.”

Integrity is who you are when nobody is watching. This week is about building trust through honesty, keeping your word, and doing what is right even when it is difficult. A respected person does not just speak about values — they live them through their daily actions.

REFLECT

Do my actions match my values?

Can people trust my word?

Where do I need to be more honest?

THIS WEEK'S ACTION CHALLENGE

ACTION CHALLENGE

Keep every promise you make this week — or don't make it.

7-DAY TRACKER

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Done ✓							

Tip: pair this with your Daily Respect Inventory each evening to keep your reflections and action steps in one place.