



Journal Prompts about Integrity

Here are journal prompts about integrity, organised by the three legs of the Self-Care Tripod to help you align your actions with your deepest values.

Leg 1: Inward Kindness (Self-Integrity)

- **The Shadow Self:** Write about a time you let yourself down or compromised your own values when nobody else was watching. What led to that choice, and how can you forgive yourself while recommitting to your standards?
- **The Validation Source:** Do you act out of deep personal conviction, or are you doing things just to get praise and approval from others? Identify one area where you need to switch from seeking outside approval to honouring your own inner voice.
- **The Alignment Check:** List your top three personal core values (e.g., honesty, courage, loyalty). How well did your actions, thoughts, and habits this past week actually reflect those three values?

Leg 2: Outward Kindness (Integrity in Relationships)

- **The Hard Truth:** Think of a current situation where telling the absolute truth might cause temporary discomfort or conflict. How does staying silent or smoothing things over right now actually harm your long-term integrity with that person?
- **Gossip and Accountability:** Recall a recent conversation where someone was being spoken about unfairly in their absence. Did you join in, stay silent, or speak up? How can you handle similar moments in the future to keep your social integrity intact?
- **The Commitment Audit:** Look back at the promises, big or small, that you made to friends, family, or colleagues recently. Have you kept them? If you need to break a commitment, how can you handle it responsibly and honestly? [\[1\]](#)

Leg 3: Upward Kindness (Boundaries and Structural Integrity)

- **The People-Pleasing Tax:** Where in your life does saying "yes" to keep the peace force you to say "no" to your own core values? Write about a specific boundary you must set to stop compromising your integrity for the comfort of others.
- **The "Line in the Sand":** What is a firm, non-negotiable boundary that you will absolutely not allow anyone to cross, no matter the stakes? Write about why this specific limit is vital for protecting your self-respect.
- **Walking Away:** Think about a group, job, or environment that constantly pressures you to compromise your morals. What would a realistic, high-integrity exit plan or boundary look like for you in this situation?