

Quick Connect – Understanding Integrity and Accountability

Learning Objective:

Participants get an introduction to the concepts of integrity and accountability and have an opportunity to reflect on examples from their own lives.

Part 1: Introduction (30 seconds)

"Hey, I wanted to chat with you briefly about two really powerful ideas that can make a huge difference in how people see you and how you feel about yourself: integrity and accountability."

Part 2: Integrity Mini Role Play (2 minutes)

"Let me show you something real quick. Imagine this conversation:

Friend: 'Want to hang out Saturday?'

You: 'Yeah, definitely!' [Saturday comes, you don't show up]

Friend: 'Where were you?'

You: 'Oh, I forgot...' [Next week]

Friend: 'Want to help me with something?'

You: 'For sure!' [You don't show again]

Now, if someone else asks your friend about you, what would they say? Probably something like, 'Don't count on them, they never show up.' That's what happens when we're out of integrity—when our actions don't match our words."

Part 3: Quick Accountability Explanation (1 minute)

"Here's the thing - everyone messes up sometimes. I do too. What matters is what you do next.

Accountability means:

- Owning up to your mistake instead of making excuses
- Doing what you can to fix it
- Learning from it so you don't repeat it

When you say, 'I messed up, that's on me, and here's how I'll make it right,' people actually respect you more, not less."

Part 4: Real-Life Application (1 minute)

"Think about something in your life right now where you might be out of integrity—maybe a promise you haven't kept, or something you said you'd do but haven't. What would taking accountability look like in that situation? What's one small step you could take today to start fixing it?"

Part 5: Closing Thought (30 seconds)

"Remember, it's not about being perfect. It's about being honest when you mess up. Trust is built slowly, but it can be lost in an instant. The good news is that when you consistently match your actions with your words and take responsibility when you don't, people notice—and it changes everything about how they see you and how you see yourself."