

**Exercises — Write your answers in the space provided below.**

1. Reflect on your typical day. Can you spot an area where you are throwing an “unfailing boomerang” — where, for example, you are cutting corners you should not cut, or doing something you should not do? (Integrity, the “Seed for Achievement,” is a deeply personal subject. Although space is provided for notes under this question, you may not want to write down a response. You may want to simply think it out, and make a mental commitment to take any corrective action that may be called for.)

2. Do you always look for the truth, wherever it leads? Do you check things out for yourself, weigh what others tell you, and make your own judgements?

3. Write down a task that you consider difficult and/or unpleasant. Resolve to do it to the best of your ability, just for the joy of accomplishment.