



SERIES: YOUR INTEGRITY, OUR WORLD


Episode 3: "Your Future Self"


Appetites are powerful and often determine the direction of our lives, yet they never seem to be fully satisfied and can pose a threat to our integrity. What should we do when our appetites are raging within us?

QUESTIONS

- 01**  What are the things you crave the most in life?

- 02**  Is there a situation you are in or a decision you currently need to make that is causing you to justify something and compromise your integrity? Explain.

- 03**  Zooming out for a moment, do you believe that the version of yourself five years from now will be proud of the decisions you are making today? If not, what specific things do you need to change?

- 04**  Having a foundation of what integrity looks like for you is helpful when moments of potential compromise arise... So, what are the non-negotiables in your life that lay the foundation for your personal integrity? What are the issues and beliefs you cannot abandon without altering the person you know yourself to be?

NOTES

BOTTOM LINE

Our futures and our legacies hang in the balance of the decisions we make today. We must choose to say no to our appetites now in order to preserve our integrity for the long haul.

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