**Seasons of Change – #2 “Chill Out-Have Integrity”**

**AM TWIGS Class – Oct. 11th, 2020 The WALK Sheet**

**Watch the video “Why Integrity is so Important” by Keith Yackey and answer the following questions.**

1. **How does Keith define integrity?**
2. **He mentions taking it a step further, what is that step?**
3. **What did he say about Jesus said it best?**
4. **How did King David model Integrity, much like Queen Esther?**
5. **He Mentions a quote from Gandhi – What is it?**
6. **This week commit to “Do Something” for someone else, that does not benefit you. With integrity and sincerity, follow through on it, then journal the outcome.**