Session 5: Integrity Under Pressure — Journal

The Leader's Growth Path · Module 2: Integrity

PHASE 1: NOTICING (DAYS 1–5)

Day 1 — Where Do I Feel Pressure?

> *Think about the last week. Where did you feel pressure to act differently than you wanted to? Who or what was pushing you?*

Day 2 — Name the Pressure Type

> *Look at your answer from yesterday. Was the pressure direct (someone told you), social (everyone was doing it), or silent (you would be left out)? How did you know?*

Day 3 — Sophie's Choice

> *Sophie Scholl faced pressure from people who loved her — not enemies, but family and friends who wanted her safe. When have you felt pressure from someone who cares about you? Why is that harder to resist?*

Day 4 — The 20-Year Question

> *Wilberforce held his position for 20 years. What is one belief or value you hold that you think you would still hold in 20 years? What makes you sure?*

Day 5 — System Pressure

> *Petrov's pressure came from the system itself — protocols, training, chain of command. Where in your life do you feel pressure from "how things are done" rather than from a specific person?*

PHASE 2: NAMING (DAYS 6–9)

Day 6 — My Pressure Map

> *List three places where you regularly feel pressure. For each one, name the type (direct, social, or silent) and who or what creates it.*

Pressure 1:

Pressure 2:

Pressure 3:

Day 7 — Decide Before

> *Pick one pressure from yesterday. What would you decide before the next time it arrives? Write your decision as a specific, concrete statement — not "I will be brave" but "I will say no when _____."*

Day 8 — My Circle

> *Who would hold with you? Name one or two people who share your conviction on the pressure you chose. If you cannot think of anyone, who could you talk to about it?*

Day 9 — The Cost

> *What would it cost you to hold your decision? Be honest — name the real cost (friendships, status, comfort, belonging). Then ask: is the cost worth it?*

PHASE 3: PRACTICING (DAYS 10–14)

Day 10 — The Pressure Protocol in Action

> *Today, practice the full Pressure Protocol. Before the moment comes: decide. When it arrives: name the type. After: write what happened.*

My decision beforehand:

What happened:

Day 11 — Did I Hold or Bend?

> *Look at yesterday. Did you hold your decision or bend? Either way, what helped — or what made it hard? No judgment. Just noticing.*

Day 12 — The Integrity Test Under Pressure

> *Combine Session 4 and Session 5: "Would I do this if everyone I respect could see me?" — and — "Am I doing this because I decided, or because someone is pushing me?" Write about a moment where both questions mattered.*

Day 13 — What I Have Learned About Pressure

> *After two weeks of watching for pressure, what have you learned? Which type hits you hardest? Where are you strongest? What surprised you?*

Day 14 — My Pressure Protocol Going Forward

> *Write your personal version of the Pressure Protocol. What is your line? How will you name the pressure? Who is in your circle? This is your tool — carry it forward.*