Session 6: The Cost of Compromise — Journal

The Leader's Growth Path · Module 2: Integrity

PHASE 1: NOTICING (DAYS 1–5)

Day 1 — Where Have I Drifted?

> *Think about one area of your life — how you treat people, how you do your work, how you spend your time. Where were you six months ago? Where are you now?*

Day 2 — The Small Justifications

> *What is one thing you do now that you would not have done six months ago? What did you tell yourself to make it feel okay? Write the justification you used.*

Day 3 — Arnold's Warning

> *Benedict Arnold started as a hero and ended as a traitor — not in one step, but in dozens of small ones. When have you seen someone (in a book, a movie, or real life) drift from a good start to a bad ending? What funded the drift?*

Day 4 — Good Goals, Bad Drift

> *Chamberlain wanted to prevent war — a good goal. But it funded his drift. Is there a good goal in your life that might be funding a compromise you have not noticed?*

Day 5 — Drift Inside Belonging

> *Judas drifted while belonging to something good. Where do you belong — a team, a family, a friend group, a church? Could you be drifting inside that belonging without noticing?*

PHASE 2: NAMING (DAYS 6–9)

Day 6 — My Drift Map

> *List three areas where your line might have moved. For each one, write where you were and where you are now.*

Area 1:

Area 2:

Area 3:

Day 7 — Did I Choose This?

> *Pick one area from yesterday. Did you choose to change, or did it just happen? If you chose it, write why. If it just happened, write when you first noticed.*

Day 8 — Flexibility or Drift?

> *Think about a change you made recently. Can you explain why you changed? Would you make the same choice again? If yes, that is flexibility. If you are not sure, that might be drift.*

Day 9 — Ask Someone

> *Ask one person in your circle: "Have you noticed me changing in any way you are not sure I meant to?" Write their answer here — without defending yourself.*

PHASE 3: REFLECTING (DAYS 10–14)

Day 10 — The Full Drift Test

> *Run the complete Drift Test on one area: (1) Where was I six months ago? (2) What moved? (3) Did I choose this? Write your findings.*

Day 11 — What It Cost

> *Every drift has a cost — even if you have not paid it yet. What has your drift cost you so far? What might it cost you if it continues?*

Day 12 — Module 2 Review: See the Gap

> *Session 4's question: "Would I do this if everyone I respect could see me?" Apply it now. Where is your gap between public and private? Has it changed since you first asked?*

Day 13 — Module 2 Review: Hold Under Pressure

> *Session 5's Pressure Protocol: Decide before. Name the pressure. Find your circle. Where did pressure hit you this month? Did you hold or bend? What helped?*

Day 14 — Module 2 Synthesis: My Integrity Toolkit

> *Write your personal version of the integrity toolkit. What is your gap? What pressure hits you hardest? Where are you most likely to drift? Who is in your circle? This is your compass — carry it forward.*