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“In what ways have I shown integrity during a crisis, or seen it displayed in others?”

“Anyone can lead when the plan is working. The best lead when the plan falls apart.” - Robin Sharma. People who show integrity at all amaze and inspire me. Those who make these decisions under pressure, in a split second, or in a crisis inspire me even more. Right now, we are literally living in a crisis, and carrying on life like usual can be difficult, but I still see people going out of their ways to help others. There are so many people who show integrity during hard times. Here are some groups of people who really inspire me and make me want to be a better person.

**Teachers** are people who definitely show integrity every day. Being a teacher before the pandemic seemed hard enough, so I appreciate teachers and the way they have shown integrity during the pandemic. Teachers teaching in person have to keep up with guidelines and have to clean the classroom all the time. Teachers teaching virtually have to adjust their lesson plans accordingly. Without teachers, I wouldn't be here right now. “...One teacher, one book, one pen can change the world.” Malala Yousafzai

**Healthcare workers** also show integrity in their everyday lives, even more so now that we are in the middle of a pandemic. Both of my parents are healthcare workers and I appreciate them so much. Some make life changing decisions everyday, while others are helping even off the clock. Once, during a soccer game, one of my teammates hurt his ankle and my dad was there in a heartbeat.

**Firefighters**, especially those who helped at the Twin Towers on 9/11. To say 9/11 was a crisis is definitely selling it short. 9/11 was a tragedy that we must always remember, but pray never happens again. These firefighters literally ran into a burning building to save people they probably didn't know, all because it was their job. I admire their bravery and use people like them as my role models. “Bravery is the capacity to perform properly even when scared half to death.” -Omar N. Bradley

**You.** In a way, we all have shown integrity during the pandemic. Adjusting to our new Lives can be difficult, but an opportunity to show integrity always finds a way to sneak into our lives. For example, when a family friend got COVID-19, our family and others who knew her took turns dropping off meals at her front door. In turn, when my dad got COVID, they all took turns dropping off meals at our door. What may have been such a small contribution from each family meant a great deal to us. Every small thing we do, every smile we give can change a whole day, and maybe when we need a smile, we'll get it. “What goes around comes around.” -Proverb.

In the end, we are all in the same pandemic, and we all have our troubles. The only thing we can do is push through. “The darkest hour is only sixty minutes.” - Morris Mandel. Showing integrity can make things much easier for you and the people around you. I never want anyone around me to be upset, especially during a troubled time, so I will always try to show integrity to the people around me and be a ray of sunshine during a storm to them. I will also try to show integrity in the long run, and make a difference just like teachers, healthcare workers, firefighters, and more. “We can change the world to make it a better place. It is in our hands to make a difference.” -Nelson Mandela

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