

Integrity is the Key!

Author C. S. Lewis said "Integrity is doing the right thing, even when no one is watching." R. Buckminster Fuller also said that "Integrity is the essence of everything successful." The Oxford dictionary defines integrity as "the quality of being honest and having strong moral principles; having moral uprightness." Synonyms for integrity are honesty, uprightness, and honor.

How I show integrity is by helping others and being honest, both with others and myself. Integrity is something that can be learned, but is only effective when a person thinks integrity is an important trait to strive for. I believe that integrity is very important for a happy, wholesome, and successful life.

When my friends are sad, I don't laugh at them or tell them that they are wrong for being sad. I tell them that it's okay to be sad, and to never listen to or believe their bullies. I am positive and supportive, and I always try to be encouraging instead of discouraging.

I always try to have integrity even when it's hard to. There was a time when my sister lost money she had gotten from the Tooth Fairy for losing her tooth. She was upset, but eventually forgot about the money. I found the money later, and while a small part of me wanted to keep it since she had forgotten all about the money, I knew that this was not the honest thing to do. I knew that I needed to return the money to her and make her happy again. I showed integrity by doing the right thing, even though no one would have known.

Learning about integrity is easy, but practicing integrity can be hard work. We learn about integrity in many places like our homes, our schools, and our churches.