

Integrity Essay

The word “integrity” is a very special word to me. Dictionary.com defines integrity as “adherence to moral and ethical principles; soundness of moral character; honesty.” To me, however, the word integrity means much more than this. In my own life, I’ve witnessed people bullying, being mean, not trying in certain things, lying, and many other poor actions taking place. But the one question I have for these people is, “Why?” Why would you bully someone for the pleasure of it? Why would you do things and not try and put in full effort? Why would you lie about yourself and other things to people? Well, I try to show integrity and represent myself as best as I possibly can. I show this in many ways throughout my life.

One way that I show integrity throughout my life is by respecting myself, my peers, my friends, my parents, and others. In the classroom, I try to respect my teachers and show that I am engaged in what they are talking about. While in school, even when the teacher isn’t around me, I try to stay focused with what I am doing and not engage in anything that will result in a negative consequence. For example, many people bring and use their phones in class. Knowing how tempting it can be to want to use it, I do my best to stay away and practice good habits and follow the rules. I know school is a place for opportunity and to learn, so bringing a distraction will hinder my ability to seek future education and learn as much as I can.

Another way that I show integrity is by being positive and kind to everybody that I encounter on a daily basis. Showing integrity isn’t always popular and cool, but those who do show it can and should be proud. Showing integrity also doesn’t have to be a really big thing, but instead, it can be as simple as being positive to somebody that may need it. If somebody is having a bad day, I do my best to try to include them and cheer them up. I do this because I’ve been in a situation like that before, so I have empathy for those people. Peer pressuring your

friends/peers into positive things in positive ways is also a great way to show and spread integrity. For example, one time in class my teacher left the room and many of my classmates saw it as an opportunity to do whatever they wanted. Instead, I stayed on task and encouraged my classmates to do the same. Not only did this prevent them from trouble, but it also helped them get their work done.

The last way I show integrity throughout my life is simply doing what's right and expected when nobody is watching. In my opinion, this is the most important way to show integrity. I think this because it is easy to do and act right when people are watching you, but the true sign of integrity is staying on task and doing the right thing when nobody's watching. This goes for school, practices, and just daily life. During wrestling practice, I do my best even when my coaches aren't watching.

Overall, integrity means a lot to me. I try to improve daily on showing integrity, which is always the right thing to do. It can be very difficult at times when your friends/peers/classmates want to bring you down with them, but through my experiences, integrity is much more important.

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