

Heraclitus once said “Good character is not formed in a week or month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character.” This quote just shows that you have to build up a good character. It is not always something you are born with.

When I think of character I think about personality, something you are born with. However you can't always be born with a good character. When I think about integrity, I think of something you aren't just born with, but something you have to learn. The question is, how is character important to your integrity? Well let's start off with how you can't have good integrity without a good character. Character can affect just about everything in your life, even if you don't think it does. If you were put in a situation and you had to decide whether or not to do what you know is right or what you know is wrong, it would be a whole lot easier to know if you have good character. Putting yourself in other people's shoes or thinking how it would affect you, all comes with having a good character, because you may never know if you could be hurting other people or yourself. This is something I still need to work on. Especially when something upsets me or when I get into an argument that is most likely about something small, I need to remember to take a deep breath and a step back.

A while ago, I was playing soccer inside my house, when I knew I probably shouldn't have been since there was a high chance that I would break something. I continued to play and as if I predicted the future, I broke a lamp. My mind started racing, but I knew what I had to do. Regardless of whether I was going to get in trouble or not, I knew I had to come clean and be honest. I went to my parents and I confessed and apologized. To my surprise, they weren't too mad. I thought it was because they were going to try to fix it, or maybe they didn't even like the lamp that much, but no, my parents thanked me for being honest, and then told me they would handle the rest. To be honest, I was shocked, since I thought I would be in so much trouble. I think that this certain occurrence helped me build up better character along with integrity.

Another example of great character and integrity in the history of our country would be when President Lincoln fought to end slavery. His good character led him to know what was the right thing to do, which was to end slavery. His integrity was what drove him to follow through with his plan and do what was needed, fighting for the rights of people he didn't even know, all while putting his life on the line as he did so.

In summary, character is what you choose day after day to believe in. It is knowing in your heart and mind what is right and what is wrong. Integrity is following your character even when it is hard to do. Continuing to push and push even when it is hard and NEVER giving up.

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