

REACH OUT



FINDING YOUR PLACE IN THE COMMUNITY

Week 17: Integrity

Integrity is defined as “the quality of being honest and having strong moral principles” and its second definition is “the state of being whole and undivided.” Unfortunately in today’s world, it seems that neither of these is very common - people live by the YOLO mentality, which requires no principles other than *I’m most important* and *I do what I want*. While these principles may seem appealing, they are highly destructive to the integrity of a society. As people turn to valuing themselves over all else, they turn away from helping other people and doing what’s best for the greater good. In the workplace or at school, this may look like shirking your duties on a group project or failing to meet your responsibilities. When people choose this path, the quality of projects suffers, and the group suffers, thus destroying the integrity of the project.

Integrity also includes honesty, and not just honesty in front of other people, but honesty to yourself. Many people are good at playing the honesty game when they’re in a certain group of people - they strive to impress. True integrity means being the same person in private as you are in public, maintaining the same moral behavior and honesty no matter who you are with. This type of integrity requires work, but in the end, people can perceive a person of integrity, and they will respect that person greatly. With integrity comes responsibility, respect, and success. Society may say that honor and integrity are dead, but perhaps the world would be a better place if we all worked to nurture our own integrity.

Challenge: Integrity

Make a t-chart that includes two categories - *how you behave at home with your family*, and *how you behave at school with your friends*. Begin to list your principles, actions, and attitudes in each column and see where the discrepancies lie. Perhaps you are respectful to your teachers, but you talk back to your parents. Maybe you don’t use bad language at home, but you talk like a sailor at school. Why do you think you are different from one environment to another? A person of integrity may have some behavioral differences, but they allow their personal moral code to dictate their actions no matter where they are. Consider some changes you can make in your life to make yourself more “whole and undivided.”