

# Understanding Integrity

**According to the Oxford Dictionary Integrity means the quality of being honest and having strong moral principles. Integrity can also be defined in one word as: Incorruptibility, that means that someone or something cannot be corrupted because it is so strong.**

Integrity is an important quality because it can help you live a more fulfilling and authentic life. It involves being honest with yourself and others, standing up for what you believe in, and acting in line with your values and principles. Integrity means staying true to who you are and what you believe in, even when difficult or uncomfortable. It is a key component of building trust and strong relationships with others and can also lead to greater personal satisfaction and happiness.

(Source: <https://bit.ly/44iA8F7>)

## Having Integrity Makes you Stand out and here's some reasons why...

### Integrity makes you a better person

Integrity is super important because it helps you live a more fulfilling and meaningful life and makes you a better person overall. When you act with integrity, you take responsibility for your actions and decisions and show respect for yourself and others. This, in turn, can inspire others to act with integrity, creating a positive ripple effect in your community and beyond.

People who act with integrity are often more honest and trustworthy, making them better friends, co-workers, and citizens. This is because they are reliable and consistent in their actions and can be trusted to do what they promise.

Lastly, people of integrity tend to be more compassionate and empathetic (caring more about others), which can make them better people in general. This is because they understand that their actions and decisions can profoundly impact others, and they are willing to put the needs of others before their own.

## Helps you achieve your goals

Having integrity means being honest, responsible, and fair in all aspects of your life. This character trait can help you achieve your goals in some ways.

First, if you set goals consistent with your values, you are more likely to work to achieve them. This means you are more likely to take action and focus on achieving your goals. Also, by acting with integrity, you can build trust and credibility with others, opening doors to new opportunities and resources to help you achieve your goals.

Moreover, people who have integrity tend to be more disciplined and motivated. This means they are more likely to stick to their goals, even when faced with challenges or setbacks. They are also more likely to take action and do what is necessary to achieve their goals.

Finally, behaving with integrity can also help you build strong, meaningful relationships with others. When people know they can trust and rely on you, they will be more willing to work with you and help you achieve your goals. This can be incredibly helpful, especially when trying to achieve goals that require the cooperation or support of others.

## Integrity increases your self confidence

Integrity is a crucial quality, not only for the benefit of others but also for yourself. When you have integrity, you are a person of honesty and reliability, which can lead to greater self-confidence. Knowing that you are trustworthy and can be counted on to do the right thing will give you a sense of pride and self-esteem. You will feel good about yourself and your abilities, knowing that you are living up to your high standards.

Also, other people will have confidence in you and your ability to do the right thing. This can open up new opportunities because people will be more willing to trust you with important tasks and responsibilities. When other people have confidence in you, they will be more likely to offer you new opportunities and challenges that can help you grow and develop as a person.

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## Integrity is the foundation of personal relationships

When we demonstrate integrity in our relationships, we show that we can be counted on and trusted. We present that we are willing to stand up for our actions and that we can be trusted to keep our commitments. This, in turn, builds trust and strengthens the bond between people.

On the other hand, if we lack integrity in our relationships, we risk damaging the trust and respect essential to healthy and fulfilling relationships with others. We may be tempted to excuse our behaviour or even outright lie to avoid accountability. This can lead to misunderstandings, conflict, and breakdown of relationships that we have. .

In order to build and maintain strong personal relationships, it is important to realise how important integrity is in our daily lives. This means being honest, transparent, and consistent in our words and actions. It also means taking responsibility for our mistakes and being willing to fix things when necessary. “If you mess up, Fess up” By consistently demonstrating integrity, we can lay a strong foundation for lasting, meaningful relationships with the people in our lives.

## Integrity is the Foundation of Professional Success

Integrity in the workplace is critical to professional success. It is the foundation on which trust, respect, and strong relationships are built. When you have integrity, your colleagues and clients know they can trust you to do the right thing, even if it's not the easiest or most convenient solution. This can lead to better teamwork, collaboration, and stronger relationships with customers and clients.

# The Characteristics of Integrity

## **Honesty:**

This is perhaps the most important characteristic of integrity. People with integrity are honest and truthful in their words and actions and do not engage in deception or deceit.

## **Moral Uprightness:**

Integrity means adhering to a strict moral code and standing up for what is right, even if it is not popular or easy.

## **Consistency:**

People with integrity are consistent in their words and actions and do not change their behaviour or beliefs depending on the situation or the people they are with.

## **Reliability:**

People with integrity can be trusted to do what they promise. They are trustworthy and responsible and keep their commitments.

## **Courage:**

Integrity involves standing up for what is right, even when it is difficult or unpopular. This takes courage, and people with integrity are willing to stand up for what they believe in.

## **Transparency:**

People with integrity are transparent in their dealings with others and are willing to be open and honest about their thoughts, feelings, and actions.

## **Accountability:**

People with integrity are accountable for their actions and willing to take responsibility for their mistakes and learn from them.

# Reflections

1. Can you think of someone you've met or heard of who reflects the characteristics of integrity? What do you think makes them stand out from others?

2. List the most important characteristics of integrity to you? Why do you think this is so important?

3. In what ways do you want to build integrity in your own life?