

## **INTEGRITY**

For the past one two years I have been honest with myself, and this is the most amazing feeling. Do you ever think how do you feel when you are being honest with yourself? And how do you feel when you are dishonest with yourself ?

I was a dependent person I used to be carefree of my stuff, and my work. My feelings did not mean anything to me. It was so regretting. But, then I changed myself, I became honest to myself and now my life, as an independent person, feels incredible and I am so satisfied with it. Now, when I achieve something on my own, it makes me feel on top of the world.

Honesty with your own self is important. If you are honest with yourself then you are, most likely, honest with all your life decisions, and to those around you. Now I try to practice integrity, while communicating with others. Because, now I have firm belief in myself.

For example, one day a cashier gave me extra money after I paid the bills for the grocery. I have a bad habit of not counting the change. When I came back home, I realized that I had a 1000 more than I should've had. At once, it felt funny and lucky to me. But deep down, it was not acceptable for me. So I went to the grocery store back and returned the extra amount. The cashier was pleasantly surprised and thanked me. The smile on his face was priceless and I felt proud. At that moment I thought that being honest with anyone, makes you happy. It really makes you secure and confident in who you are as a person.

On the other hand, dishonesty disturbs one's inner peace and destroys relationships and trust. And the worst part is that, people start knowing you as someone who can never be trusted. Therefore, one should always go for the virtuous and righteous change in themselves.

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