

## 500 Word Essay On Integrity

On many occasions self discipline and integrity have been excluded as vices in society. Self discipline molds and creates a society with men and women of integrity. With years the vices of integrity and self discipline are being eroded in society. The modern society does not take integrity as a vice that needs seriousness which was different about a century ago. Promises and agreements are bound by law failure to which compensation is never an option. This begs the questions; does self discipline apply to individuals in the modern society? Does integrity have a chance to flourish in the modern society? However, the erosion of these two vices cannot be fully blamed on individuals but also to the fact that the world and society is changing. Some may argue that with such a tough society, one has to be tough to survive. The issue of self discipline should however be a vice adhered to by all individuals.

For the past two weeks I had promised myself that I would keep time in all my important appointments in my life. For example, I will never be late for school and I will never go back home at very late hours of the night, past ten in the evening. With this being my own decisions with no other party involved I was obligated by all means to keep the promises and uphold self discipline. At first the decisions were not of importance to me until I realized that that keeping these promises meant a lot than just mere rules and regulations. I needed to prove that I had self discipline and integrity. In the first week I had difficulties fulfilling these promises since I meant that I had to adjust from my past life which was characterized by lateness and insensitivity.

The conditions of adjustment were not favorable. However, with time and self discipline I finally started to adhere to the promises. It was at that instant that I realized how much life became easier when I was punctual to my schedules. In the second week adjustments I had made were more of a routine than promises that I had to fulfill. With the realization of these promises

my vices of self discipline and integrity were fully tested and I realized that with the will to achieve everything might be possible. At the moment I easily meet deadlines, I am punctual at school and I have greatly improved on my home coming hours up to seven in the evening.

With integrity and self discipline one can be able to achieve whatever behavior they want to change in their lives. Behavior change, self discipline and integrity go hand in hand.

Additionally, the will to change also guides individuals towards the required behavior change or improvement. It is amazing to notice how two weeks can easily transform one's life for the better. If the whole society can honor their words for two weeks, we can experience a major transformation in behavior in our societies.