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Molding Jell-O

Jell-O does not mold or form by itself; humans have to place it in a container in order for it to have a shape. We cannot just sit around and wait for it to cast by itself without getting involved with the process of completing it. Just like Jell-O cannot form by itself, integrity cannot be molded into one's personality without us helping with its development. One is not born with integrity, one has to inhale its meaning. Integrity today is a thing that we, as humans, have to find a way to mold within ourselves and decide how to mold it.

For instance, if one has integrity, one must have a value to go by, each in a different way. Honesty is a moral, or value, that one decides to have, but is not obligated to live by. If a person is honest, then he or she does the correct thing. In other words, if there was a situation in which a person was involved and the circumstances surrounding it were dishonest, then he or she would have to decide whether to tell the truth on how things happened or not. Doing this might result in a conflict for them, but they will know that they did the morally right thing by confessing. This action would make them feel good about themselves. Moreover, if one were in the same situation but kept quiet or lied about something, then he or she would not be practicing integrity.

Although being honest is a factor that makes up integrity, it is not the only one. Being able to distinguish right from wrong is another factor in integrity. For instance, imagine that one is not economically well off and has many debts to pay, but really wants to go on vacations. While in the store one day, this person finds a purse with a sizable amount of cash. If that person decides to keep the money and throw away the purse, then he or she chooses not to have integrity. On the other hand, if he or she turns in the purse intact and works for vacation money, then his or her actions would have been the correct ones and he or she would have practiced integrity. For various people, having to make important decisions is part of integrity, but there are other elements that do this as well.

Another element of integrity is a form of spiritual harmony within the person and his or her surroundings. One decides whether he or she wants to be molded in his or her lifestyle or not. For example, the simple fact of spending time with the family or going to church is basic integrity for some people. By spending time with one's family, that person realizes that he or she feels complete and that the true meaning of integrity is within the family itself. Spending time with one another and sharing special moments, like family reunions, is all that some people need. Other people may feel that they have integrity when being near God. In this situation, their beliefs stand out strong and may be above anything and anyone.

Integrity today is a thing that people have to decide how to mold within themselves. It may not be easy to frame it within oneself, but in order to understand and know its meaning everyone must do so. The meaning of integrity depends on the person and how he or she decides to incorporate it in his or her life. Having integrity is a unique thing that all, at some point, must

learn to acquire in one form or another. Integrity is a learned value; like Jell-O, it has to be molded.