

Dear future self:

Integrity entails different standards for each person. Today, I have decided to set my own standards for my own life. To act with integrity, I have decided to stand by what I believe in, no matter the consequences. I will listen to others, but I will not let the noise of others drown out my principles. Many times before this point I have sacrificed my personal integrity for the sake of going with the crowd, but I have chosen to stand up against this practice. I hope that as you read this note you are satisfied with your temperance against this problem that I have attempted to eradicate.

It is very easy to go along with the people around you, and it is very easy to be sucked in by a tornado of ideas. Society is accustomed to a lack of integrity, and it has become increasingly easy for many to roll with the crowd and to not fight for what they believe in. What takes integrity though is standing up for your convictions. Integrity is not being afraid to show others who you truly are, because your ideas are important and can make a difference in this world. I worry that in my life, I will trust in the voice of the crowd around me, instead of in my own voice. I fear that I might not be able to maintain a personal sense of integrity, because I fear I may not be strong enough to stay steadfast in my beliefs. I hope that you, my future self, have found inner strength and have learned to stand up for your opinions, despite those around you.

To have integrity, I promise myself today to value my beliefs over the opinion of others. I promise that I will stand up for not only myself, but for those around me who have not yet found their voice. I will listen to the voices of those around me, but I will only let these voices change my principles after deep consideration. I vow to value my strength more, instead of relying on the strength of others. I promise to place more stock in my definition of integrity, instead of

allowing other's definitions to devalue my own. Integrity is having deeply-set moral standards, and today I pledge to hold these standards of my integrity close to my heart.

Future self, I hope that you are able to look back at your life and be content with the choices that you have made. There are ups and downs in life, and sometimes throughout these ups and downs integrity becomes hard to maintain. I do not know where you stand in life right now, but I know that no matter where you are or what you have done, integrity is never completely lost. Having integrity is harder than following the crowd, but when we do not trust ourselves, we lose this virtue. I hope that you have been able to stand up for yourself and for what you believe in, and I hope that you have put confidence in your opinions. My wish is that this letter will inspire you if you have lost your integrity. Fight for integrity, it is the heart of character.

Best of luck,

Your former self.

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