

Integrity is found in the expanse of nature. Sneak away from busy city lights and the rush of hurried cars; you will not find integrity there. Rest among the evergreens, the foxes, the hummingbirds, the toads and tadpoles. Feel the life of nature breathe in and out, united and unbreakable. Watch complex coexistence in nature, and see everything. It's so different than what you're used to, and yet there's so much to learn.

Integrity is tree roots as they stretch deep into the ground, twisting and turning until their limbs are secure in the earth. Even the fiercest winds and storms pose no threat to a tree when grown on strong foundation. Plant your beliefs in good soil, and stand unshakable. You will be faced with infinite ordeals that test everything you stand for, but do not let them topple you down. With roots of stone, like a wise old oak, remain true to what you value. However, do not fear change, as long as you are changing for the right reasons. If you are not growing, it's not worth it.

Integrity is the freedom of the open air. Look up at the clouds and see birds zooming through the sky. Like their wings, let your imagination lift you up; you can see more when you soar. Always seek more: the truth, the right decision, the better version of yourself. Just never stop looking and growing.

Integrity is a field of wildflowers, overflowing with life. Feet skip all over the flowers, and harsh winters wither them to dust, but every spring is still the same. Recover from trials with the grace of an April flower, growing higher and stronger with every year. Like a meadow spilling with different colors and shapes, life is complete with billions of unique people. Integrity is embracing differences where others would see an opportunity for judgement. Love others always, even when the world is screaming at you to judge, stereotype, discriminate.

Integrity is baby birds in a nest chirping hungrily for food, swallowing what is theirs and not fighting for the other birds' shares. Take only what is yours and nothing more; you need less than you think.

Integrity is the wide eyes of a newborn squirrel scampering across the forest floor for the first time. Like a baby, allow the simple wonders of the world compel your mind and engage your curiosity. Sometimes we let our passion diminish with age, thinking somehow that excitement and adulthood are mutually exclusive. Forget what others may think, and allow the world to completely capture your attention. It is amazing, after all.

Integrity is admiration for everything around you that inspires you to become better, kinder, sincerer. Integrity is recognizing that everyone is a force of nature. Everyone is flooding with power and potential, like river currents crashing against a dam. Remember this, that everyone is capable of so much. Integrity is appreciating the abilities of others, while always appreciating your own. Bow a humble head to everyone, for we all have gardens and oceans enfolded in our skin, buried in our beating hearts.

Integrity is the liveliness of all that exists in the wild. Amidst the ever-modernizing world, know your roots and hold your ground, for the solace of nature is where one can truly grow. If you want to know what integrity is, go find out.