**Fundamental 29: Act with integrity**

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*Demonstrate an unwavering to doing the right thing in every action and decision, especially when no one’s looking. Always tell the truth, no matter the consequences. If you make a mistake, own up to it, apologize and make it right.*

As I think of what to write about for Fundamental 29, I land on memories of my up bringing and my college life. As a son of a Marine, my parents put an emphasis on doing what is right in everything that I do and owning up to what I have done wrong. This emphasis continued as I attended Texas A&M and joined the Corps of Cadets. Integrity played out by continuing to uphold what is right as I have become more independent.

Now within the working world and as an employee, integrity bears a heavier weight than that in my adolescence. The stakes are much higher as there is a bigger impact whether the truth is told or not. Practically this can be boiled down to a loss to the business in the form of time and money. Socially this can be result in people’s opinion of you. It is easier to trust a person when you know that the person is now for their integrity.