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The Unifying Force of Self-Belief

Self-belief is the key that binds my three guiding precepts: integrity, hard work, and the lessons from time. It gives me the confidence to uphold integrity, drives my dedication to hard work, and helps me embrace the growth that time offers. By uniting these principles, self-belief shapes how I navigate life and its challenges.

Integrity is the cornerstone of my values, shaping how I interact with the world and view myself. Upholding integrity in challenging situations builds trust and maintains self-respect. I recall an instance from my high school days when, away from my hometown, I faced the temptation to lie to get extra funds from my parents, as I saw other kids doing. I chose not to. Choices like this reinforced my self-esteem and demonstrated that integrity is not just about avoiding dishonesty; it's about fostering a deep sense of personal honor. For me, integrity is not merely a principle—it's a fundamental part of who I am.

This brings me to another principle: hard work. Hard leads you somewhere; while it may not always lead to the pinnacle of success, it is a reward earned through persistent effort. I recall a time when I stayed up with some village members to install a swing during Dashain (a festival in Nepal). It was tiring to work continuously with limited manpower and time. However, when the swing was completed and everyone in the village enjoyed it during the festival, the experience felt rewarding.

It may not have been the grandest achievement, but it provided a profound sense of accomplishment. This experience reinforced my belief that diligence and commitment, even in seemingly small tasks, contribute significantly to personal satisfaction and well-being.

Time: It teaches you. I come from a small village in Nepal with limited surroundings and exposure. When I first moved to the city, the experience and opportunities were overwhelming. Over time, these experiences expanded my horizons and broadened my perspective. Eventually, I paved my way to where I am today. Looking back, if you had asked that boy about his future, he certainly would not have imagined the path I followed. Each phase of life has its lesson; patience and experience are what time teaches as you grow. These lessons have been instrumental in shaping who I am today and how I approach life.

Self-belief is the thread that connects all the precepts I've mentioned. It provides the courage to uphold integrity, the conviction to make hard work meaningful, and the confidence to embrace the lessons time teaches. This self-belief not only binds these principles together but also drives my actions and decisions, helping me navigate life's challenges. By cultivating self-belief, I believe can similarly integrate these precepts into their lives, fostering personal growth and achieving a more fulfilling path.