



“A man with a watch knows what time it is. A man with two watches is never sure.”

Essay Club Feb. 2024 by Simon Pelletier

Naval posted on Twitter the following tweet, "Living a life of integrity pays off, but it takes a very long time." The Oxford definition of integrity provides two answers: "the quality of being honest and having strong moral principles" and "the state of being whole and not divided."

Being truthful and having values that you hold strongly result in actions that reflect your inner nature. If you believe in a cause, then you make it known to the people around you and perhaps you do something about it. Examples include gender/sex issues and marching on the street for change. Genocide/war and messaging your congressperson. Destitute people and volunteering at the homeless shelter.

The second definition of integrity gets at this idea of being "whole." Naval would say that if you act with integrity for a significant period of time there are benefits to be had. I think that he's insinuating that if you are honest and hold moral principles and pursue these over the long term you end up "whole."

If you strive to align your *inner self* with the *outer self*, eventually all these battles will lead to a self that is not divided but centred around the principles that you hold to be true. The resolution of conflict results in "wholeness." An example might be: friends that cannot fathom you might have a differing view will drop you or neighbourhoods that are exclusively car centric will not be on your radar when looking for a new place to live.

Lacking integrity might look like the following: Secretly believing that gender ideology as presented by modern progressives is toxic and unhelpful for society but not speaking up when friends you spend time with express their strong support for said policies. Living in a city when you value nature, silence and a small social circle.

The long term consequence of resolving these conflicts will lead to a social and physical environment more closely aligned with ones own inner view of reality. The conflict not only aligns you but checks your values and inclinations with ideas of other people. An important check on ones own mind.