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 Living your Life with Integrity, Lose with Dignity, Winning with Humility

 There are certain ethics when it comes to living one’s life, as these ethics separate the achievers from the general crowd. This makes such a set of rules necessary to create the compass of direction in one's life. In this essay, we will be discussing three of the basic ethics required for success in our daily life: Integrity, Dignity, and Humility (Angela KY Leung).

Integrity means the quality of one being honest and having strong moral principles. In simple words, they believe in doing the best one can do, refusing to cut corners in one’s daily practices and escaping additional work that may be required as per the situation. When you see the world around you is engaged in deceit and lies, it can be tough to hold on to your integrity. Yet, there can be no harmony and balance without the practice of Integrity. But what does one mean when they advise each other to live our lives with integrity? Focus on the smaller details in life. When you conduct dealings with anyone in your daily routines, exchange some pleasantries with them. This act, however small it may seem, will reap many rewards. Also, it may instigate the same high moral principles, which then unconsciously helps them to stop the practice of cutting corners.

Losing with Dignity is the next step. True, it is a universal truth that nobody likes to lose. However, this is a major part of life, as one may lose so that others may win. Now, how can we accept a lost while retaining our dignity? First and foremost, accept that you have lost and give sue credit to your opponent. This serves the dual purpose of making us learn from our mistakes as well as instigating goodwill with our opponents for future interactions. Second, losing with dignity helps us to value the pedestal of the winners. This condition is necessary to motivate our colleagues and fellows to continue their drive for success. Lastly, the body language is necessary in the practice of losing with dignity. This instigates stability of character and helps us to stand up while we fail down form defeat in our daily lives.

Winning with humility is the last step in the way to a successful life. There is a famous saying: "Pride cometh before the fall". It is normal to be proud of one's achievements. However, remaining humble while being victorious at the same time is the best way to lead any venture in one's life. Again, the question arises that how one winning while being humble affects one's life? For one, humble people can rally people around them, as they willingly follow them. Another benefit that comes from being humble is that one can build better relations with their rivals for a better future for both. The energies that would have devoted to competition ultimately end up serving both parties, leading to prosperity.

In the end, we can ask ourselves what do these aforementioned practices make us better citizens. Needless to say, that they do. But there is a catch when it comes to being a firm believer in Integrity, Dignity, and Humility. One cannot stay rigid in all situations. Sometimes we have to be pragmatic as the situations that we face in life are also fluid. Hence, staying true to these values can be a moral guiding compass. Yet, we should always learn to mold our behavior according to the events that we are facing rather than some objective motives that may seem not provide answers in all the things we face in our short lives.

# Works Cited

Angela KY Leung, Dov Cohen. "Within- and between-culture variation: Individual differences and the cultural logics of honor, face, and dignity cultures." *Journal of Personality and Social Psychology* 100.3 (2011): 507-526. <https://psycnet.apa.org/record/2011-01018-001>.