

wǒ chéng shí wǒ shǒu xìn 4 我诚实我守信



wǒ men zì gū gū zhuì dì qǐ jiù yǔ jiàn kāng měi mào cái fù quán bǐng chéng shí shǒu xìn tuō
我们自呱呱坠地起，就与健康美貌、财富权柄、诚实守信脱
bù liǎo guān xì jí shǐ wǒ men shī qù jiàn kāng shī qù měi mào shī qù róng huá fù guì shī qù
不了关系。即使我们失去健康，失去美貌，失去荣华富贵，失去
quán lì hé dì wèi píng fán guò yì shēng dàn shì wǒ men què qiān wàn bù néng shī qù chéng xìn yīn
权力和地位，平凡过一生，但是我们却千万不能失去诚信，因
wéi chéng xìn shì gè rén de lì shēn chǔ shì zhī běn mín zú de shēng sǐ cún wáng zhī gēn
为诚信是个人的立身处世之本、民族的生死存亡之根。

chéng xìn shì chóng gāo de yōu liáng měi dé fǎng fú shì shān luán qiào bì shàng de yì duǒ bái yún
诚信是崇高的优良美德，仿佛是山峦峭壁上的一朵白云，
chún jié gāo shàng yí gè rén jiǎng chéng xìn jiù shuō míng tā yǒu xiū yǎng wú lùn zài nǎ li dōu
纯洁高尚。一个人讲诚信，就说明他有修养。无论在哪里，都
huì shòu dào zūn zhòng fǎn zhī yí gè bù jiǎng chéng xìn de rén jiù huì bèi bī shì ràng rén jìng
会受到尊重。反之，一个不讲诚信的人，就会被鄙视，让人敬
ér yuǎn zhī 而远之。

chéng xìn tǐ xiàn chū gè rén pǐn gé shì zuò rén yīng yǒu de běn zhì zài rì cháng shēng huó zhōng
诚信体现出个人品格，是做人应有的本质。在日常生活中，
wéi yǒu chéng xìn wǒ men cái néng guǎng fàn de jié jiāo dào liáng yǒu zài xué xí de dào lù shàng wéi
唯有诚信，我们才能广泛地结交到良友；在学习的道路上，唯
yǒu chéng xìn wǒ men cái néng tā tā shí shí de mài xiàng wèi lái
有诚信，我们才能踏踏实实地迈向未来。

I am honest and trustworthy.

Since we were **born**, we are inseparable from health and beauty, wealth and power, honesty and trustworthiness. Even if we lose health, beauty, glory, power and status, and live an ordinary life, we must never lose integrity, because integrity is the foundation of one's life and the root of a nation's life and death.

Integrity is an **honourable** virtue, like a white cloud on a **mountain cliff**, pure and noble. If a person is honest, it means that he is a cultured person. No matter where you are, you will be respected. On the contrary, a person who is not honest will be **despised** and **avoided**.

Integrity reflects a **person's character** and is the essence of being a human being. In our daily life, only with integrity can we make good friends easily; on the road of learning, only with integrity can we **firmly** move towards the future.



qù nián jià qī wǒ hé tóng xué gēn bān zhǔ rèn yuē dìng huì huí xiào xié zhù zhěng lǐ tú shū guǎn
去年假期，我和同学跟班主任约定，会回校协助整理图书馆。

bú yì dāng tiān jìng xià qǐ piào pō dà yǔ wǒ men yí gè gè dōu shuǎng yuē le
不意当天竟下起瓢泼大雨，我们一个个都爽约了。

dì èr tiān lǎo shī fēn fù wǒ men fàng xué hòu qù jiàn tā wǒ de xīn qíng qī shàng bā xià
第二天，老师吩咐我们放学后去见她，我的心情七上八下，

rú zuò zhēn zhān jiàn dào lǎo shī de nà yí kè tā zhèng máng zhe pī gǎi zuò yè yòng yǎn shén shì
如坐针毡。见到老师的那一刻，她正忙着批改作业，用眼神示
yì wǒ men zuò xià
意我们坐下……

zuó tiān yǔ shì nà me dà xīn xiǎng nǐ men yīng gāi dōu bú huì fù yuē le què hái shì fàng
“昨天雨势那么大，心想你们应该都不会赴约了，却还是放

xīn bú xià jué dìng mào yǔ huí xiào shuō wán lǎo shī jiù xiào le
心不下，决定冒雨回校。”说完，老师就笑了。

xiǎng dào wǒ men shǐ zhōng méi yǒu chū xiàn lǎo shī gū líng líng de wán chéng gōng zuò wǒ bí tóu
想到我们始终没有出现，老师孤零零地完成工作，我鼻头

yī suān
一酸……

yuán lái lǎo shī shuō dào zuò dào yán chū bì xíng shì gè zūn shǒu chéng nuò de rén a tā bù
原来老师说到做到，言出必行，是个遵守承诺的人啊！她不

dàn lìng wǒ jǐng yǎng qiě ràng wǒ jué dìng yào yǐ lǎo shī wéi bāng yàng wǒ xià dìng jué xīn cóng cǐ yǐ
但令我敬仰，且让我决定要以老师为榜样。我下定决心：从此以

hòu zhǐ yào dā ying le bié rén jiù dé pái chú zhàng ài shí jiàn chéng nuò
后，只要答应了别人，就得排除障碍，实践承诺。

Last year during the holidays, my classmates and I **promised** our class teacher that we would return to school to help tidy up the library. Unexpectedly, it **rained heavily** that day, and we all **missed our appointments**.

The next day, the teacher told us to see her after school, and I was feeling **nervous**, like I was sitting on a rug with needles (feeling uneasy). The moment I saw the teacher, she was busy **marking homework** and motioned us to sit down with her eyes...

"It was raining so heavily yesterday, I thought that none of you would be able to come, but I was still worried and decided to go back to school in the rain." After finishing speaking, the teacher laughed.

Thinking that we never showed up and the teacher finished the work **alone**, makes me want to cry...

It turns out that the teacher is a person that **keeps her word**, and a person who **keeps her promises**! She not only made me respect her, but also made me decide to use her as my **role model**. I am determined that from now on, if I promise others, I will remove all obstacles and **fulfil that promise**.

zài chéngzhǎng guòchéngzhōng wǒ men bì xū péi yǎng chéng xìn de měi dé yǒu xiē tóng xué
在成长过程中，我们必须培养诚信的美德。有些同学
wèi le kǎo qǔ hǎo chéng jì tā men gān yuàn zuò bì chāo xí shèn zhì mǎn piàn fù mǔ shí zài
为了考取好成绩，他们甘愿作弊、抄袭，甚至瞒骗父母，实在
lìng rén dà shī suǒ wàng qī rén yì qī jǐ nán shī qù le chéng xìn jiù děng yú shī qù le
令人大失所望。欺人易，欺己难，失去了诚信，就等于失去了
zuò rén de zhǔn zé piàn lái de fēn shù zài gāo yòu yǒu shé me yòng ne yí qiè dōu shì tú rán
做人的准则，骗来的分数再高又有什么用呢？一切都是徒然，
dào tóu lái chī kuī de hái shì zì jǐ ā
到头来吃亏的还是自己啊！

chéng xìn wú sè wú chòu bú xiàng jīn qián nà yàng yǒu yòu huò lì zài shēng huó zhōng xiǎn de jì
诚信无色无臭，不像金钱那样有诱惑力，在生活中显得既
píng fán yòu pǔ tōng yí gè rén fàn cuò néng zhǔ dòng chéng rèn jiù shì chéng xìn dà wén háo shā
平凡又普通。一个人犯错，能主动承认，就是诚信。大文豪莎
shì bǐ yà shuō guò duì zì jǐ zhōng chéng cái bú huì duì bié rén qī zhà suǒ yǐ rú guǒ
士比亚说过“对自己忠诚，才不会对别人欺诈”。所以，如果
yào bié rén duì zì jǐ chéng xìn zì jǐ jiù yào xiān zuò dào chéng xìn
要别人对自己诚信，自己就要先做到诚信。
ràng wǒ men cóng jīn tiān qǐ lì shì zuò yí gè yǒu chéng xìn de rén ba
让我们从今天起，立誓做一个有诚信的人吧！

As we grow up, we must cultivate the virtue of integrity. Some students are willing to cheat, plagiarize, and even hide it from their parents to get good grades in exams. This is disappointing. It is easy to deceive others, but difficult to deceive yourself. If you lose your integrity, you will lose the principles of life. Everything is in vain; in the end it is ourselves who suffer!

Integrity is colourless and odourless, not as seductive as money, but appears ordinary and dull in life. When a person makes a mistake, he can take the initiative to admit it, which is integrity. The great writer Shakespeare once said, "Be true to yourself so that you will not deceive others." Therefore, if you want others to be honest with you, you must first be honest.

Let us start today and pledge to be a person of integrity!

