



The Virtues Project

TRUTHFULNESS

Week beginning February 19/20

Truthfulness is being honest in your words and actions. You don't tell lies even to defend yourself. Don't listen to gossip or prejudice. See the truth for yourself. Don't try to be more than you are to impress others. Be yourself, your true self.

You are practicing truthfulness when you...

Speak only the truth

Don't let others tell you what to think

Investigate the truth for yourself

Can tell the difference between fact and fantasy

Admit when you have made a mistake

Don't exaggerate or deceive to impress others

Affirmation

I am truthful. I speak the truth. I see the truth with my own eyes. I am content to be my true self.