



The Virtues Project

HONESTY

Week beginning April 2/3

Honesty is being truthful and sincere. It is important because it builds trust. When people are honest, they can be relied on not to lie, cheat, or steal. Being honest means that you accept yourself as you are. When you are open and trustworthy, others can believe in you.

You are practicing honesty when you ...

Say what you mean and mean what you say

Make promises you can keep

Tell the truth tactfully

Admit your mistakes

Refuse to lie, cheat or steal

Are true to yourself and do what you know is right

Affirmation

I am honest. I can be trusted to keep my word. I have no need to impress others. I accept myself. I tell the truth, kindly and tactfully.