PRACTICE EXERCISES

HONESTY

WEEK ONE

★ The number of stars represents the degree of difficulty. ★

Couldn't Have Said It Better

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One way to keep your head in the "honesty space" is by adopting a couple of famous quotations that can serve as a motivational "mantra." Your assignment is to scour the internet for quotations about honesty. (Hint: just enter "honesty quotations" in the search engine of your internet browser. Sometimes it's interesting to follow the link trail to get more background on the person.)

And That's No Exaggeration

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Probably the easiest form of dishonesty is exaggeration. They slip through our lips before we know it. In this exercise your goal is to monitor everything you say for a couple of days to check for any hint of exaggeration. It would be nice to catch an exaggeration before it comes out, but that takes practice. Your goal is to catch yourself three times, write them down so you can recognize them next time before they come out. Here are some types of exaggeration to watch for:

- How much time, effort or money you spent to do something
- How many times something happened
- How hard or easy is it (was it) to do something

Exaggeration #1

Exaggeration #2

Exaggeration #3

Whoa Nellie! Not So Fast.

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All of us have a tendency to pass on information before we verify it by identifying and validating the source. If honesty is about preventing others from believing what you know, is not true. The spirit of honesty also involves doing your best to know the accuracy of what you're passing on to make sure you aren't leading someone to believe something that's not true due to your unchecked info. Your goal in this exercise is to complete three fact-checking searches to confirm the accuracy of some information before you pass it on. Record in the boxes what information you checked and where you checked.

Fact Check #1

What?

Where?

Fact Check #2

What?

Where?

Fact Check #3

What?

Where?

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