PRACTICE EXERCISES

HONESTY

WEEK THREE

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

Ways Honesty Behaves

By now you've explored numerous ways in which honesty behaves. Hopefully you've been challenged to pursue honesty vigilantly and vigorously. We have also talked about the importance of admiration in forming character. Take time to look at the ways honesty behaves in the list to the right. Identify and record the name of a person whom you admire for their honesty in each way. Then send them a note of thanks and admiration. Also come up with an honesty example of your own.

Is careful not to exaggerate.

Checks out sources for accuracy before passing on information.

Never takes credit for something he or she doesn't deserve.

Owns up to his or her errors, mistakes or failures without sidestepping or excuse-making.

Write one more of your own.

Making a List and Checking It Twice...

Make a list of least three big lies you've told in your life. Write them in the boxes to the right. Then ask yourself the following:

What kind of lie was it? Did I tell an untruth or let them believe something false?

Why did I tell the lie? What was I trying to accomplish?

Who did I lie to? Did they ever find out I lied? If they did, how did they find out?

How did I feel after I told the lie? Is there any lingering regret or feeling because of the lie?

Lie #1

Lie #2

Lie #3

Never Too Late

One of the hardest things to becoming an honest person is to confess dishonesty when it occurs. It's easiest and best to do it as soon as it happens. "I'm sorry. What I just said isn't true." The longer the lie stands, however, the harder it is to confess. But some lies simply must be undone, especially those that affect your relationships. Pick out one of the lies in the two star exercise above that you might need to erase by going back to a person and telling the truth. (Or maybe there's another moment of dishonesty, which you know needs to be corrected.) Mark this exercise complete when you've done that.

Check here when complete

Want all 30 honesty exercises in our full-color 60 page workbooks? **bit.ly/honesty-hardcopy** or scan the QR code.

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