

This week's Virtue of the Week will be **HONESTY**.

**Monday: WHAT IS HONESTY?**

Being honest is being open, trustworthy and truthful. When people are honest, they can be relied on not to lie, cheat or steal. Honesty is telling the truth. It is admitting mistakes even when you know someone might be angry or disappointed. Being honest means that you don't pretend to be something you are not. With honesty, you can trust things to be as they appear.

\*Daily Reflective Question(s)

**Tuesday: WHY PRACTICE HONESTY?**

Honesty is important because it builds trust. When people lie, or cover up mistakes, others can't trust them. When people aren't honest with themselves, they pretend that something doesn't matter when it does or they exaggerate to impress others. When you are honest with yourself, you accept yourself as you are. When you are honest, others can believe you.

\*Daily Reflective Question(s)

**Wednesday: HOW DO YOU PRACTICE HONESTY?**

When you are honest, you don't try to fool yourself or others. You say what you mean and mean what you say. You only make promises you can keep. Be trustworthy in all your dealings, refusing to lie or cheat. Admit your mistakes and fix them. Be honest with yourself and you will be honest with others. You don't need to make things up to look good—you're already good—honest!

\*Daily Reflective Question(s)

**Thursday: SIGNS OF SUCCESS**

Congratulations! You are practicing Honesty when you...

Say what you mean and mean what you say

Make promises you can keep

Admit your mistakes

Refuse to lie, cheat or steal

Tell the truth tactfully

Are true to yourself and do what you know is right

\*Daily Reflective Question(s)

## **Friday: AFFIRMATION**

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

\*Daily Reflective Question(s)

### **Daily Reflective Questions:**

What would Honesty look like if...

You broke one of your mother's favorite things by accident and are afraid she will be mad?

You find yourself exaggerating about how well you did in sports?

Your sister asks you if a new dress looks good on her and you think it doesn't?

You say something cruel to someone and later tell yourself he deserved it?

You forgot to do your homework and the teacher asks where it is?

Some friends try to convince you to steal candy from a store?

When is it the most difficult to be honest?

Name a time you practiced honesty.

How do you feel when someone exaggerates?

Why do we want to impress others by exaggerating?

What would it feel like to always tell the truth and keep our word?

How does honesty help friendship to grow strong?

Why is it important to be honest?

*Everybody Smiles in the Same  
Language*