



# The Virtue of Honesty

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.

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