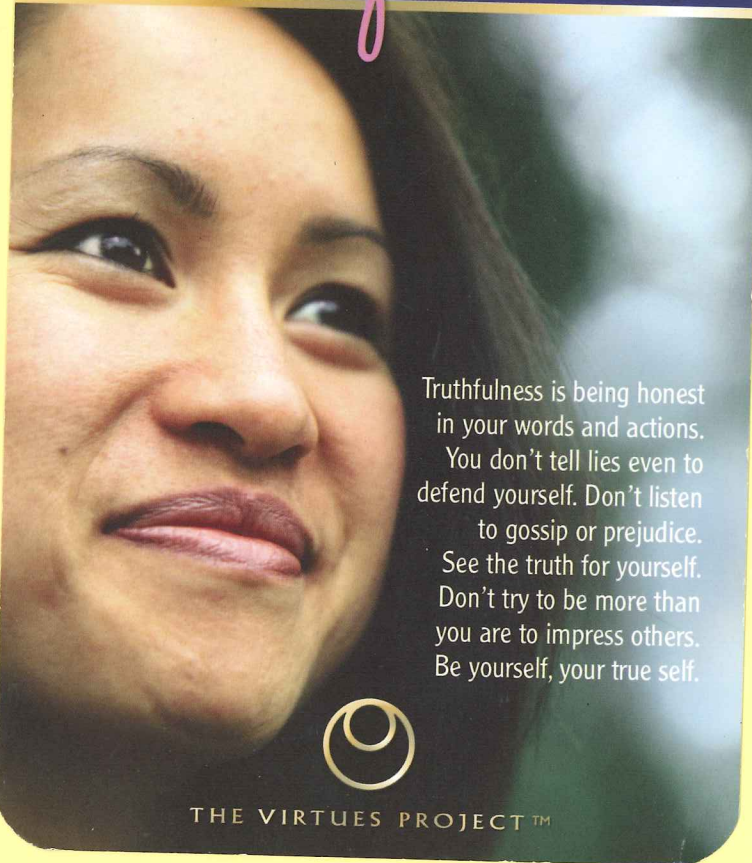


Truthfulness



Truthfulness is being honest
in your words and actions.
You don't tell lies even to
defend yourself. Don't listen
to gossip or prejudice.
See the truth for yourself.
Don't try to be more than
you are to impress others.
Be yourself, your true self.



THE VIRTUES PROJECT™

You are practicing

Truthfulness

when you...

- Speak only the truth
- Don't let others tell you what to think
- Investigate the truth for yourself
- Can tell the difference between fact and fantasy
- Admit it when you have made a mistake
- Don't exaggerate or deceive to impress others

Affirmation

I am truthful.

I speak the truth. I see the truth with my own eyes.

I am content to be my true self.

