

Character & Virtue

A.C.T. Activity Sheet



HONESTY

How can we become more honest in our daily lives? Tell the truth. The truth is easier than a lie. There's no backtracking when you tell the truth. Lies have a way of catching up to you sooner or later.

When you do lie, confess it to God and make amends with the person whom you may have hurt. Make a promise to yourself to not do that again, and keep it.

If you must tell a hard truth to someone, do it with love and compassion. It's good to talk things out.

If someone lies to you, you must learn to forgive., as many times as it takes. Forgiveness isn't always easy, especially when we are the one's doling it out to others. But it feels good to be forgiven. Practice it daily.

It's not too hard. Start small. But ACT. Schedule it on your calendar or planner. You have to do something for 21 days for it to become a habit. It will make a difference in your life and the life of those you care about.

LIST 5 WAYS THAT YOU CAN BE MORE HONEST.

- 1.
- 2.
- 3.
- 4.
- 5.

WHAT ARE SOME DAILY ACTIVITIES YOU COULD DO TO IMPROVE YOUR HONESTY?

***SCHEDULE THEM IN YOUR CALENDAR/PLANNER

GOOD BOOKS TO READ:

- Girl Wash Your Face by Rachel Hollis
- Leading An Inspired Life by Jim Rohn

