

HONESTY

- Thinking before you speak
- Saying what you mean and meaning what you say
- Communicating in an open and honest fashion
- Not shooting the messenger when someone tells you the truth
- Thanking others for their honesty and treating the information provided as a gift
- Simplifying your statements so that everyone clearly understands your message
- Telling the truth like it is, rather than sugar coating it or beating around the bush
- Presenting both sides of each issue to provoke fairness
- Being honest to your partner
- Be true – telling someone you've wronged them to make the situation and friendship better
- Telling someone the truth, even when it might hurt
- Telling someone if you accidentally broke their stuff
- Being real
- Knowing yourself
- Being honest to yourself
- Telling them you love them often



