

WHAT DID THEY SAY?

1. eerTh gnsith tonnac eb olgn denhid: het uns, hte oomn, nad eth rutth.
Three _____ hidden _____ – Buddha
2. retaT ruoy odrws sa dsamonid...nda hersto lilw od het aems.
Treat _____ diamonds _____ – Mother Teresa

Answer Key:
1. Three things cannot be long hidden: the sun, the moon, and the truth. – Buddha
2. Treat your words as diamonds...and others will do the same. – Mother Teresa

**OH, WHAT A TANGLED
WEB WE WEAVE,**
when first we practice to deceive.

corelife
BUILD YOURSELF STRONG

HONESTY:

Stay true to the core.

HON•ES•TY

(noun) Being fair and truthful:
not lying, cheating, or stealing.

One of the greatest qualities a person can build is honesty. It's a strong bridge that connects you to others. We were made to be with other people. Being fair and truthful – even when it's hard – shows others that they are important to you. If you are dishonest with others, over time you will end up alone – very alone. But that doesn't have to be. You can practice honesty every day





LIAR. LIAR. PANTS ON FIRE.

Ever notice what happens when you tell a lie?

Even if it's a little one. It makes you feel bad inside. You never know when the person you lied to will find out. They may or may not tell you. So you'll never know if they will really trust you again or not. You secretly might feel embarrassed or shame that feels like your body is burning when you think about the lie. That's your internal system warning you that lying is not good – that you are meant for something far greater. There is an easy fix, though. Tell the truth. Tell them you lied, that you are sorry and that you'll never lie to them again.



What about tiny lies?

Sometimes you might tell a little lie not to hurt someone's feelings. It's called a Little White Lie. You might say, "I really like your haircut" – even though it looks like some monster just scared them. Or "I really like your outfit", even though you wouldn't be caught dead in it. Although it's for very good reasons, it's best not to practice this type of lying either. Try to think of other ways to notice them without lying.

EXERCISE: Draw a line to match the Little White Lie with the better way to say it.

LITTLE WHITE LIE

- "That's a pretty awesome hairdo." ○
- "I absolutely love your outfit." ○
- "I think you're really good at math." ○
- "Your eggplant casserole is delicious." ○
- "This gift is precious. I love it." ○

THE BETTER THING TO SAY

- "Ahh, you give such thoughtful gifts."
- "Hey, when did you get your haircut?"
- "I appreciate how you cook for me every day."
- "Math can be tough. But I think you could get it if you practice."
- "That's a really colorful outfit, where did you get it?"

NOW YOU DO ONE...

Cheaters Never Win

There is a saying that "cheaters never win." Is that true? Well, they may get an A on their spelling test, or win a particular baseball tournament or video game, but they lose something even more important. They lose integrity – and they lose your respect. You don't want to lose that. So cheating is never worth it. They never really won, did they? It makes the A or the trophy meaningless. The best way to play is to always give your honest best. Some days you'll win. Some days you'll lose. That's the way the ball bounces. But you'll always have the greatest trophy of all – your integrity.

STORY TIME

On separate sheet of paper, write a short story about a time when you saw someone cheating and how what happened because of it. How did it make you feel? I remember one day...

Stealing: A lie you tell with your Body.

Have you ever thought about taking something that is not yours? A really cool pen on someone's bookbag? Or a bag of chips at the store? That's stealing. Even if you think you deserve it more than they do. It's still stealing. You know how you feel when something is stolen from you. You would never want to be the source of that pain to someone else.

EXERCISE:

Think back. Have you ever taken something that didn't belong to you? It happens. If you still have that item, try to find a way to give it back to its rightful owner. Be bold. Tell them what you did. Tell them you're sorry. Return it. When you finally "come clean", you'll feel like you're on top of the world!

