



June

2024

HONESTY

**Honesty is being true and real,
No lies or secrets to conceal.
It's speaking truth, both big and small,
Being honest is standing tall.
With honesty, trust begins to grow,
In every action, let honesty show.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 I will be trustworthy and keep my promises to others.
2 I will admit when I don't know something and ask for help.	3 I will own up to my actions and not make excuses or blame others.	4 I will practice integrity by doing the right thing, even when no one is watching.	5 I will be honest in my schoolwork, not plagiarizing or cheating.	6 I will be honest about my abilities and limitations.	7 I will listen attentively and give sincere feedback when asked for my opinion.	8 I will not gossip or spread rumors.
9 I will try to be an honest role model for others, leading by example.	10 I will be sincere about my feelings of gratitude.	11 I will be truthful in my words and actions, even when it's challenging.	12 I will be honest and open, about my thoughts and feelings.	13 I will set true personal goals, and work diligently towards them.	14 I matter.	15 I take criticism with an open mind and a willingness to learn and grow.
16 I will be sincere in my expression of love and appreciation for my family.	17 I will be authentic in my acts of service.	18 I will embrace my uniqueness and share it with the world.	19 I will take my setbacks as opportunities for resilience and learning.	20 My decision to help others will be genuine and filled with compassion.	21 I will try to be like those who stay true to themselves.	22 I will not judge.
23 I will be honest about my successes, giving credit where it is due and avoiding exaggeration.	24 I will value sincerity in my relationship with myself, embracing self-acceptance.	25 I will uphold truth and sincerity.	26 I will accept my strengths and weaknesses.	27 I will not lie.	28 I will pursue activities that bring me joy and help others.	29 I will be authentic in my apologies.
30 I will be honest in my friendships, treating others with trust, loyalty, and sincerity.						

Honesty is telling the truth even when it's hard. It's like when you accidentally spill a drink on the carpet, and you tell your parents what happened instead of trying to hide it. Being honest means you're taking responsibility for your actions and owning up to your mistakes. It's important because it helps build trust and respect with others. When you're honest, people know that they can count on you to be truthful and reliable. It can also help you avoid getting into bigger trouble down the line, because if you're honest about something small, people will trust you to be honest about bigger things too.