



Student's FULL Name _____

Belt Rank _____

DUE DATE

February 24, 2023

Remember these sheets are your responsibility, not your parents
INCOMPLETE WORKSHEETS WILL NOT BE ACCEPTED

Yuen's Family Martial Arts Centre

HONESTY

"Integrity is telling myself the truth. Honesty is telling the truth to others"

What Is Honesty?

Honesty is a choice. People who are honest are open, sincere and trustful in both words and actions. **They say what they mean and do what they say.** When people are honest, they aren't "hiding" the truth in any way.

Dishonesty can be revealed through lying, cheating and stealing. When we demonstrate any form of dishonesty, we lose people's trust. Honesty is not always easy but it is often "The Best Policy"

Consider Your Actions

What is one way that you have shown Honesty this week?

I am honest. I have integrity. I tell the truth, kindly and tactfully. I have no need to impress others or follow the crowd. I do what I know is right.

What would Honesty look like if:

(How would you deal with these situations honestly?)

You broke one of your mom's favorite things by accident and are afraid she will be angry?

You find yourself bragging about how well you did in a sports game to impress your friends?

You say something cruel to someone when you're mad and then tell yourself he deserves it?

You forgot to do an important homework assignment and the teacher asks you where it is?

Some friends of yours try to convince you to steal some candy from a store?

