

Affirmation

I am truthful. Today I will be truthful in my thoughts and in what I say. I will show others that they can trust me.



“Beautify your tongues,
O people with truthfulness,
and adorn your souls with
the ornament of honesty.”
-Bahá'u'lláh

Truthfulness



“Truthfulness is
the foundation of
all human virtues.”
-`Abdu'l-Bahá

What is Truthfulness?

Truthfulness means your words and the things you do are true. You show people who you really are and do not try to be someone you are not. It is being your true self.

Why Practice Truthfulness?

Truthfulness helps us trust each other. Truthful people say what they mean and mean what they say.

Truthfulness builds love between people. It is easy to be friends with an honest and truthful person.



How to Practice Truthfulness?

- Choose to tell the truth no matter what, but always in a kind way
- If you make a mistake, say so
- Try to find out what is true or not true about something or someone for yourself; don't just believe what someone else says
- Let people see you for who you really are; don't try to be someone you are not