

# SelfLove: honesty Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer each question in the space provided.

1. define honesty:

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2. my definition of honesty has served me by:

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3. My honesty will no longer be compromised by:

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4. My silent truth(s), is/are silent because:

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5. Honestly , I want to be:

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6. Honestly, I want to see:

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7. Honestly, I want to be less:

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8. Honestly, I need:

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9. Honestly, I'm hurt/offended by:

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10. I am becoming more honest with myself. (write three times)

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