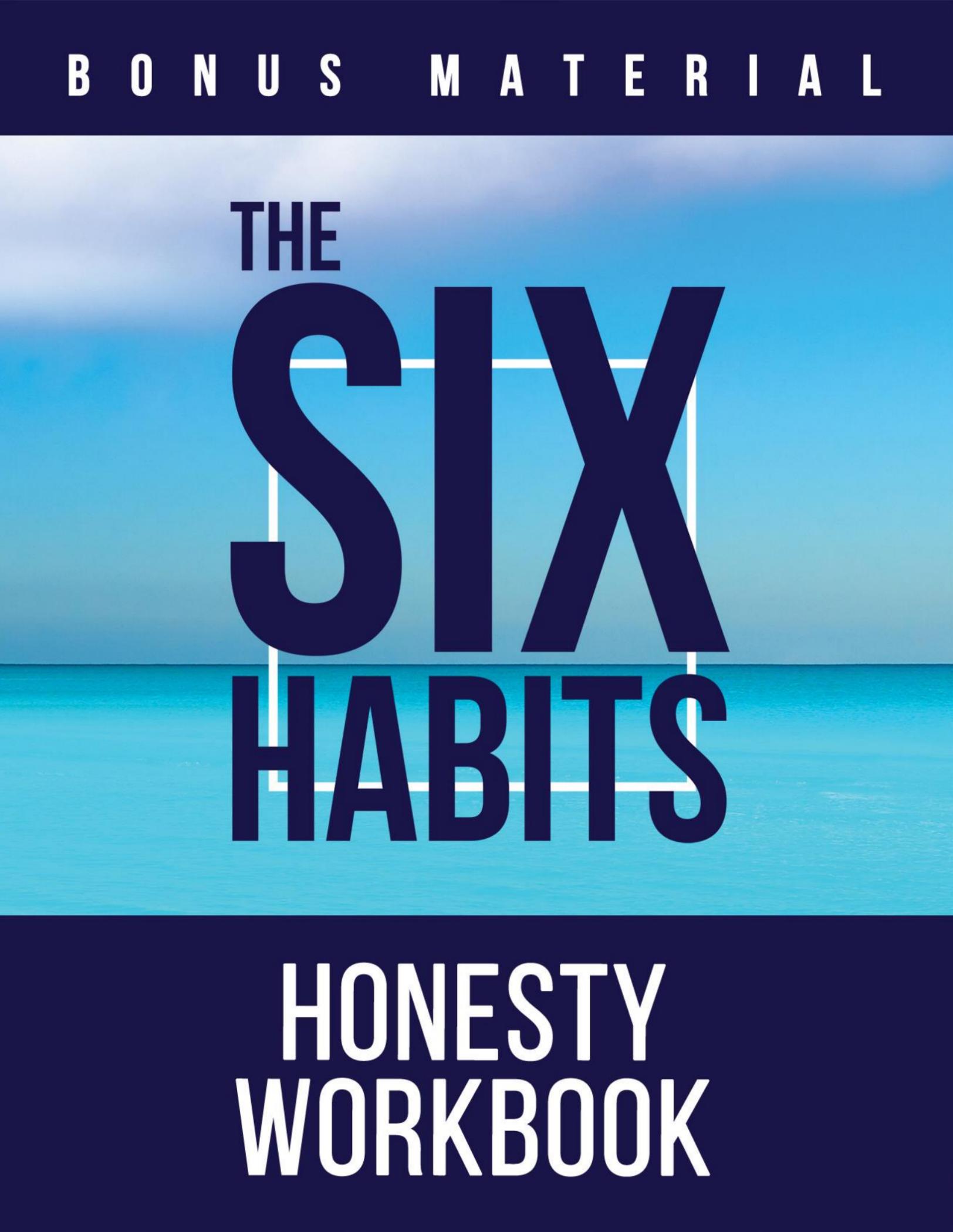


B O N U S M A T E R I A L



**THE
SIX
HABITS**

**HONESTY
WORKBOOK**

BUILDING THE HABIT OF BEING HONEST WITH OTHERS

Person you can't be totally honest with (yet):	How withholding your true thoughts is hurting you and the other person:	Why being totally honest with this person will make your and their lives better:	"I choose to communicate effectively and honestly because...":
<i>Example:</i> <i>Jennifer</i>	<i>I'm avoiding her and we're not spending much time together because I don't want to have "the talk" and get her upset</i>	<i>We can get the big issue out of the way, hug and make up and get it over with. I miss her – that's my biggest reason!</i>	<i>I love my friend, and I choose to communicate honestly with her because I care about her and our friendship.</i>
Name:			
Name:			
Name:			

THE SIX HABITS

HONESTY

<i>Person you can't be totally honest with (yet):</i>	<i>How withholding your true thoughts is hurting you and the other person:</i>	<i>Why being totally honest with this person will make your and their lives better:</i>	<i>"I choose to communicate effectively and honestly because...":</i>
Name:			
Name:			
Name:			
Name:			