

Discovering the perks of being truthful

Well, aside from Mark Twain's observation that *"If you tell the truth you don't have to remember anything,"* being honest can also bring other benefits.

Being honest is a powerful statement to the universe that you trust the world around you, and, more importantly, that you trust and respect yourself. For example, if you're upset about something but have heard that spiritual people never feel upset, you should still honor what you are truly feeling rather than hiding your honest thoughts and feelings just to fit into what other people say you should be feeling. Being truthful with yourself and others empowers your self-examination, self-knowledge, self-acceptance, and self-respect. Here are a few quick ways to increase your honesty:

- **If you say you're going to be somewhere on time, do your best to be there.** Don't wait until the last possible minute and then hope and pray that there won't be any buildup of traffic as you race dangerously through streets, only to be late and end up inconveniencing those who were depending on you to arrive on time. Plan your schedule so that you'll be able to easefully meet your commitments without creating unnecessary stress for others, for yourself, or for all the drivers who are unfortunate enough to be in your way.
- **Don't offer to do something for someone unless you really intend to do it.** You may feel really good while offering to do a favor or give a gift to someone. Some people become addicted to the positive feeling of being generous, but are not so enthusiastic about the less comfortable responsibility of following through on their offers and promises. Before you jump into the pleasant feeling of seeing someone's face light up with gratitude for your kind offer, be clear and committed that you are prepared to fulfill what you offer.
- **Make a point of keeping your word to yourself.** Keeping your word to yourself means that if you're not ready to change a habit, you don't begin one half-hearted attempt after another, each one doomed to failure. This half-hearted approach can dampen your power of honesty and resolution. Rather, wait until you know deep inside that the time is right for a change and then make the change fully and with total commitment.