

I courageously see and admit the truth.

I tell myself the truth about what I see and feel.

I am an honest person.

It is natural for me to tell the truth.

I see situations clearly and act when I need to.

My internal wisdom helps me see what's really happening.

I release pride or doubts clouding my vision.

My instincts provide essential feedback.

I can handle hard choices.

Mistakes are part of life. I admit them and move forward.

I am authentic in every situation.

I keep my sense of humor when missteps happen.

I listen deeply, even when I disagree.

I am candid about disagreements.

I catch myself before I fall into old, defensive scripts.

I am direct and diplomatic.

I accept tender, vulnerable parts of myself.

I made the decisions I know I need to make.

I cultivate self-reliance.

I boldly face my doubts.

People appreciate my sincerity.

Are you pressed for time?

*Hack your practice with
a single keyword!*

True

Direct

Bold

**Clear-
minded**

Courageous