

# Practice/ Activity

## **MORAL - Honesty**

Sit quietly for a short time (1 minute) then answer these questions:

- Do you focus more on what you can do or can't do?
- Do you focus more on what you have or what you don't have?

After you answer the questions quietly to yourself, consider drawing or writing about your responses.

Determine if you like your answers and if not, what action would you take to believe something differently? What would you say to a friend who didn't like their answers? Could you say that to yourself?