

MY ACTIONS SPEAK LOUDER THAN WORDS

Both my words and actions help define me. However, my actions are more important because words are hollow with nothing to back them up.

My credibility is enhanced when what I do matches what I say.

I enjoy peace of mind and my life is simplified when I back up my words with actions. I am comfortable with the choices I have made.

I earn the trust of others. People can depend on me. When I say I am going to bake cupcakes for the school fundraiser, I show up on time with a full tray. I am especially careful when I know that others are relying on my promises. I want to avoid harming anyone, even if it is inadvertently.

I become a better role model for my children when I follow through with what I say. I know that they are more likely to follow my advice if they see me applying it to my own life.

In order to live up to my word, I ensure that I think before I speak. I consider my limits and choose my words carefully.

Most of all, I strive to be authentic. Being true to my core values helps my thoughts, speech, and actions flow smoothly in the direction that I want. Individual decisions become easier when my guiding principles are firmly established in my mind.

I focus on goodness rather than perfection. If I am ever unable to follow through on what I have said for some unavoidable reason, I apologize and work to make amends.

Today, I let my actions speak for themselves. I am only as good as my word.

REFLECTION QUESTIONS

1

How can I demonstrate my values through my actions?

2

What are some ways I can be a positive role model for my children or others around me?

3

How does being authentic and true to my core values impact my relationships and personal growth?