

Thought in Action:

HONESTY

Welcome to Thought in Action

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Martial Arts Center part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

Lesson 11: The Cycle of Honesty

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Bring Your Practices into Your Daily Life

Honesty is a cycle, a circle, a series of causes and effects. What you do comes back to you. Treat others as you would like to be treated. The idea is really quite simple. When you are honest, good things will happen to you in the future. When you are dishonest, then bad things will happen to you in the future.

This is not to say that one act of honesty or dishonesty will make or break your entire life (though in some cases one act can have a large effect). Over time the accumulation of honest and dishonest acts will form a certain pattern that will become the reality of your life. A person who lies, cheats, and generally considers the truth something to be played with will find that life will bring unhappiness, distrust, and loneliness. They will be unhappy because they cannot trust anybody else and nobody else trusts them. This will in turn lead to loneliness.

However, a person who is honest will find happiness in life through relationships, they will have the ability to trust and be trusted, and they will have as many good and loving relationships as they wish to have.

The trick to this is rather simple. Be honest. Even if you think that nobody else will ever find out. There will be negative consequences for you in the future in some way or another for acts of dishonesty. On the opposite side, if you are honest and nobody ever finds out about it then you will find that something good will happen for you when you least expect it.

The Yin and Yang of Honesty

When you do something that is dishonest you find that you get stuck in a trap. You have to continue lying to maintain the first lie. For every one time that you tell a lie you must tell at least 100 more just to cover up the original one. For every one of those lies you must again tell 100 more, and so on. You in time create an “upside down” pyramid of lies that is sure to crumble under its own weight. You can’t possibly remember all the lies that you have told.

A big problem with this is that in time even you will forget what the truth is. There will be so many lies that you simply won’t know. This will put a serious damper on your personal development. How are you supposed to really know yourself and know who you are if you don’t even know the truth about what you have done in the past. Your personal evolution is dependant upon your ability to be honest to others as well as yourself. When you can do this you will be able to see what is real as opposed to what is not. You will be able to see a little bit of the truth of the world instead of a bunch of lies. You will be like the sage who is still and understands instead of the fool who wonders from experience to experience never learning from any of them.

Task 11: Log of Honesty

Lesson 11: The Cycle of Honesty

Task 11: Honesty With Your Feelings

Being Honest means to be truthful. On a basic level, be Honest with your answers to questions from your parents, teachers and friends, and with what you say in general. Remember the upside down pyramid of lies. You have to lie to cover up lies. This becomes overwhelming and will come crashing down on top of you.

Be Honest with yourself and your feelings. If something is bothering you, don't shuffle it away and pretend you don't feel it. It won't go away if you don't make a decision about it. That may mean that you have to talk to someone about it. Do the same for positive feelings. If you're happy, be happy. Don't change your mood because others are not. Instead of being dragged down by others, use your good mood to lift the spirits of others. As you know, we recommend you be happy all of the time, but that doesn't mean burying or discounting anger, fear, sorrow, and frustration. Those feelings are there to teach you something about your self. You can work through them and learn from them without getting stuck in them for longer than you have to. Again, that may mean talking to someone about it, but there are other ways to work through them as well. Find a creative outlet. By doing this, you allow the given emotion to flow through you and back out instead of having it stuck inside where it may overwhelm and control you. Control your emotions. Don't let them be in control of you.

Your task for this testing cycle is to write down ten times during this testing cycle that you have had the opportunity to lie, but have instead opted to tell the truth. Then write down what the consequences would have been if you had lied.

Complete this packet and this list then show it to your instructor to get your gold tip on your belt.

Lesson 11: The Cycle of Honesty

Goal 11: Honesty in Action

My Target Date For My Next Belt Is

_____ month _____ year.

My Black Belt Target Date Is

_____ month _____ year.

Now it is time to set a goal for yourself outside of the Martial Arts Class. As the topic of this rank is Honesty, set a goal to be Honest with a particular person in your life, or a certain thing you tend to be dishonest about. Maybe it's with your parents. Maybe it's a particular teacher. It may be a friend you have not been Honest to lately. It may be yourself. Set a goal to be Honest from now on with the chosen person or people. Write down why you haven't been Honest with them in the past, and how you will be Honest now and in the future.

My Goal is to be Honest with _____

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.

Students Name: _____

Teachers:

- 1) How well do you feel this student seems to be honest to him/her self and others? Excellent Good Average Poor
- 2) Please rate this students effort to be an honest person.
Excellent Good Average Poor

Comments: _____

Parents:

- 1) Do you feel that your son/daughter has shown improvement in attempting to be honest with self and others?
Yes No

Comments: _____

Checklist for Belt Promotion

- 1) Have you completed your Task (Being Honest With and Dealing With Feelings)
- 2) Have you improved your level of Honesty everywhere? (Target Goal)
- 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)?
- 4) Have you signed up for the Belt Ceremony?
- 5) Have you paid your Graduation Fee(s)?
- 6) Have you brought a friend to class, or recommended someone during this testing cycle?

When your checklist is complete, please present everything to Mr. Straub or Master Croley to earn your gold tip for your belt.