**Self-Honesty**

What are the rewards for accomplishing the principles of self-honesty?

1. Hope
2. Faith
3. Courage
4. Humility
5. Responsibility
6. Patience
7. Charity or love

Remember:

1. Hope will replace desperation.
2. Faith will replace despair.
3. Courage will replace fear.
4. Peace of mind will replace confusion.
5. Self-respect will replace self-loathing.
6. Self-confidence will replace helplessness.
7. Respect for others will replace anger, pity, or frustration.
8. A clear conscience will replace feelings of guilt.
9. Genuine friendship will replace loneliness.
10. A task and goal directed life will replace a lack of purpose and confusion.
11. The love, acceptance, and understanding of those we love will replace the fear, concerns and doubts.
12. The freedom of a happy life for which I gladly take responsibility.