



They say that "honesty is the best policy" and "the truth shall set you free." So why do we lie? Sometimes it's to get something; other times it's to get out of something. One thing for sure, it sure seems easier to do it than face the truth at the moment. The only problem is, while Truth is free, Lies cost a whole lot more.

It costs us our Integrity

Integrity is Truth over time. It's all about saying what we mean and meaning what we say. If we're willing to compromise it even a little bit, how far are we willing to go? If we don't stand for something, we stand for nothing. That's how fragile a truthful life is.

It costs us our Reputation

Truth builds trust and trust builds relationships. Our reputation is really one of the only things we can take with us. A tarnished reputation will not gain any support when it's needed most. So when we need successful action to take place, it just won't be there.

It costs us our Selves

Who are we, if we live a lie? As who-we-say-we-are, and who-we-really-are get farther and farther away, it'll get harder and harder to live and grow a truly enriching life.

So what can we do to lead a truthful life?

Have faith in the Truth

There's going to be people who don't like the truth... but if we live our lives for them, then we're living a lie. We must first commit ourselves to be truly ourselves.

Have faith in others

For the most part, the world isn't going to come to an end if the truth is known. More people have died through lies anyway. Trust that others can deal with the truth. Remember, the truth doesn't have to be cruel; but it doesn't have to be sugar coated either.

Commit to the Truth

Be willing to accept the responsibility that comes with Truth. Good, bad or indifferent, it is what it is. We're stronger because we can face the truth head on. By committing to the Truth and holding Truth to be sacred, we will let it be what it is.

And as a result, we will become what we are to be. Truly.