

song: **The Truth** – Handsome Boy Modeling Club

week #2

word [noun: own it]

- Conformity to fact or actuality
- Sincerity; integrity
- That which is considered to be the supreme reality and to have the ultimate meaning and value of existence

accuracy, authenticity, certainty, correctness, exactitude, fact, genuineness, gospel, law, legitimacy, perfection, precision, principle, rectitude, validity, veracity

“I never did give anybody hell. I just told the truth, and they thought it was hell.” - Harry S. Truman

Here you are, in the beginning of a new year... you're one week into your fresh start, with an opportunity for new expectations, new goals. You know the person you want to be this time next year. You have the power to make your changes.

“Repetition does not turn a lie into truth.”- Franklin D. Roosevelt

How often are you truthful with yourself? What are your HONEST intentions behind your actions? How do YOU feel when you face the mirror?

Some say our word is our truth. Others say that our actions speak our words. If your ACTIONS are your TRUTH, then what are you really saying to those people around you? Do you move with integrity? If you choose to tell the truth, then your actions will need to be pure too. It's a lot of work, living an honest life. It's the road less traveled, and often the path that offers the most resistance.

Imagine how your world would change if you decided never to lie; not to yourself, or anyone around you. Imagine pure freedom! Imagine the karmic reward! Imagine, at the end of your days, as your life passes before you, knowing that your heart is pure.

“There is no god higher than truth.” - Mahatma Gandhi

ACTION: This week, choose the truth in every situation. Commit to speaking authentically, and moving with integrity.



When practicing the Push/ Pull exercise, you physically open your heart and throat space, allowing your truth to be exposed in the space around you.

January Color: Caramel

The color for the month of January is Caramel. Use this shade to keep you grounded and remind you of your determination you face tests and challenges.

- Practical
- Determined

January Chakra: Solar Plexus

The chakra is related to your self worth. Someone with a balanced Solar Plexus Chakra has the ability to know the clear picture of who they are. This is characterized by self-respect, self-confidence and self-esteem.