

WEEK 24 SELF-HONESTY

“Size matters not. Look at me. Judge me by my size, do you?”—
Yoda

One of the hardest things people find to do is to be completely honest with themselves. It is better to “whistle in the dark” than to look in the mirror and peer deep within ourselves for the truth of who we are. Self-Honesty is a hard-won virtue because it is extremely difficult to do all the time and with rigor. Even when you think you are self-honest you are only kidding yourself.

As a Jedi self-honesty is an essential part of who you are. Without being honest with yourself you cannot progress and become a better version of yourself. Luke Skywalker had to face many truths on his journey. In the Cave on Dagobah he faced his inner Dark Side, his shadow, and his deepest vulnerabilities. On Cloud City he was forced to face the truth of who he really was when he confronted Darth Vader. Had Luke been unable to be self-honest with his flaws, faults, shortcomings, mistakes and who he was, he could not have transformed into the Jedi who went on to defeat the Empire and redeem Darth Vader.

Self-Honesty is not about beating yourself up. Self-flagellation and beratement is not productive and never goes anywhere. The goal of self-honesty is to take a step back and put aside your ego for a moment by taking a long hard look at yourself. That is all it takes. You judge people from a distance all the time and highlight their faults and shortcomings. How often do you shine the spotlight on yourself and see yourself for who you are?

Keeping a daily journal provides you with the opportunity to conduct a daily self-assessment. This requires self-honesty if it is going to be effective. The morning meditation is undertaken to plan for the day ahead. You can list your goals and activities

that you hope to achieve. How you want to conduct yourself throughout the day as a person can also be written here.

The evening contemplation provides an opportunity to reflect on how the day went. You undertake an honest evaluation and assessment of your performance. Mistakes, faults, and flaws are listed as well as achievements. Take the time to identify opportunities where improvements can be made, where you can do better next time. If mistakes were made and you need to resolve them, commit to doing so. Where an apology is due, or amends are needed also commit to them. Avoid procrastinating amends because its uncomfortable. Be honest with yourself everyday not just when things become so uncomfortable and you have dug yourself in to a deep hole that you are forced to.

The weekly review is a self-assessment of your commitment to undertaking the daily practices. Because self-improvement is usually self-directed there is rarely anyone looking over your shoulder instructing you on what to do and how to do it. You are accountable for yourself and your own self-discipline. No one is going to be reminding you to do the work and push harder, that is up to you. By evaluating your performance through the week, you identify the areas that require more work. Have you skimmed out on meditation or physical exercise? Have you fallen on your face in diplomacy by being rude and dismissive of others who deserved more respect? Only you can answer that, and it takes self-honesty to be able to move forward.

No one expects perfection and you should not expect it from yourself. If you were perfect all the time, there would be no need for any of this. You would not require Jedi philosophy or any other philosophy as you have it all figured out and have mastered the art of living. The truth is you will never be perfect, not as a person and not in your practice. That is a good thing because it means there is always room for improvement and growth. Because this a journey you do not know what tomorrow will throw at you or how you will adapt or act. That is good.

DAY 163

“The trials are difficult. Many try and fail, so I advise you not to be complacent.” – Satele Shan

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 164

*“Adventure. Excitement. A Jedi craves not these things,” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 165

“Let there be truth between your heart and the Force. All else is transitory.” – Surenit Kli'qiy

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 166

“Things are changing and sometimes the line between friend and foe is blurred!” – Obi-Wan Kenobi

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 167

*“When 900 years old you reach, look this good you will not.” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 168

“Size matters not. Look at me. Judge me by my size, do you?”—
Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
