



Sincerity (vs. hypocrisy)

Sincerity is the eagerness to do what is right, with transparent motives, in the expression of true or deep feelings ...

Said more simply... sincerity is meaning what we say and saying what we mean.

To be sincere is to be honest and open: unaffected in a way that shows what is said is really meant. It is also being genuine and reflects our true feelings in how we conduct our lives.

This genuine and authentic lifestyle can come by being true to our core values and beliefs.

A well-known minister once commented that some of the most "spiritual" people he had encountered in his life were those who knew how to simply be *who* they were created to be. Interesting thought, huh? Not the most educated or exalted in positions, but just being true to one-

self... How hard can that be?

Interestingly enough, sincerity can present a few challenges from various angles.

One challenge is the idea that being sincere equates to having a license to blaze a path of opinionating personal judgments. True sincerity, however, has open ears to hear, really hear, what other people say and is respectful of their opinions.

Another challenge of sincerity involves knowing exactly what it is that is valued or believed. How can we express ourselves in truth if we don't know what we believe in or what our purpose in life is about? This can be especially true for young adults, who haven't figured out who they are or what their purpose in life is...

These challenges and definitions reveal that in

its simplest form, sincerity is a reflection of who we are.



This month, commit to:

- Be all that I can be
- Take responsibility for my own actions
- Respect others' opinions
- Always mean what I say
- Not take advantage of other people

Hypocrisy: the false claim to or pretense of having admirable principles, beliefs, or feelings.

The mission of Prattville-Autauga Character Coalition is to strengthen our communities by promoting excellence in character for each citizen.

Visions of Character

"What you are will show in what you do."
- Thomas A. Edison

For more information visit the Prattville Autauga Character Coalition website at www.pacharacter.org