

Value of the Month: February- SINCERITY

Noun:

- the absence of pretence, deceit, or hypocrisy.

Adjective:

- of a person, feelings, or behaviour) not pretending or lying; honest.
- Sincerity is the virtue of one who communicates and acts in accordance with their feelings, beliefs, thoughts, and desires.



What does SINCERITY mean to you?

How does it feel to be sincere?

Do you do things out of love?

Where do we learn sincerity from?

Apologies should always be sincere. Do you agree?

Is sincerity always good?

Should lie to protect other people's feelings?

Forcing is a smile is pointless. Do you agree?

Are you honest about things you don't like?

Insincerity is always weakness; sincerity even in error is strength.
George Lewes
Why is insincerity a weakness?

Actions speak louder when sincere.

Shy away from promises you can't keep.

Don't always change to be accepted.

SINCERITY

Think before you act, act like you mean it.
Avoid pretense- try not to impress your friends.
Don't make your feelings false or start to boast.
Make your actions sincere and help your peers.
Sell sincerity everyday but don't expect to be paid.
Sincerity comes from the heart, so this is where you can start.

Sophie- Year 7

Don't be forced into being sincere.

Superficial gratitude is never good.

Try your best with everything you do.

The sincere alone can recognize sincerity.
Thomas Carlyle
Can you recognise sincerity?

Sincerity is impossible unless it pervades the whole being, and the pretence of it saps the very foundation of character.
James Lowell
Do you agree?

Every man alone is sincere. At the entrance of a second person, hypocrisy begins. Ralph Emerson

SH/HHGS/Feb2021

How to express sincerity.	What this means.	Speak with honesty and sincerity.
1. Realise sincerity comes from the heart	• Is your heart in synch with you tongue?	<ul style="list-style-type: none"> • Ground yourself in good intentions. • Get a basic sense of what you want to say. • Soften your throat, eyes, chest, and heart. Try to find a sense of goodwill, even compassion for the other person. • Be confident. • Speak with sincerity & truth. • Feel free to disengage if the other person is just not ready to hear you.
2. Be genuine	• Do you act the same way when alone and with others?	
3. Do good without reward	• Are you expecting gratitude, money, recognition?	
4. Look for positive in everything	• Do you look at things positively or negatively?	
5. Speak only the truth	• Do you speak with your heart?	
6. Know sincerity can make you vulnerable	• Do you think about what you share with others?	
7. Stop the wanting and hoarding	• Do you open up to the community's needs?	
8. Don't refine responses	• Do you try to perfect what you are saying?	

Sincerity is not to say everything you think but to mean everything you say. Anonymous