$[W + (D-d)] \times TQ$ W = weather M x NA D = debt

d = monthly salary

T = time since Christmas

Q = time since failed quit attempt

M = low motivation levels

NA = the need to take action

You know it's going to be a bad day when...

The bird singing outside your window is a buzzard.

You know it's going to be a bad day when...

You turn on the TV news and they' re displaying emergency routes out of your city.

You know it's going to be a bad day when...

Your doctor tells you, "Well, I have bad news and good news..."

You know it's going to be a bad day when...

Your boss tells you not to bother to take off your coat. You know it's going to be a bad day when...

Your horn goes off accidentally and remains stuck as you follow a group of bikers on the freeway.

You know it's going to be a bad day when...

You have an appointment with a major account in 10 minutes and you just woke up.



These six things the LORD hates,
yes, seven are an abomination to
Him: a proud look, a lying tongue,
hands that shed innocent blood, a
heart that devises wicked plans, feet
that are swift in running to evil, a false
witness who speaks lies, and one who sows
discord among brethren.
—PROVERBS 6:16-19 (NKJV)

Good people are guided by their honesty; treacherous people are destroyed by their dishonesty.

-PROVERBS 11:3 (NLT)

The one who guards his mouth preserves his life; the one who opens wide his lips comes to ruin.

-PROVERBS 13:3



What Motivates Dishonesty? • Greed

Bread gained by deceit is sweet to a man, but afterward his mouth will be filled with gravel.

-PROVERBS 20:17 (NKJV)

What Motivates Dishonesty? • Greed • Pride

It is better to be poor and honest than to be a fool and dishonest.

-PROVERBS 19:1 (NLT)

What Motivates Dishonesty? • Greed • Pride • Fear

An honest witness tells the truth; a false witness tells lies.

-PROVERBS 12:17 (NLT)

What Motivates Dishonesty? • Greed • Pride • Fear • Convenience

Faithful are the wounds of a friend, but the kisses of an enemy are deceitful

-PROVERBS 27:6 (NKJV)

What Motivates Dishonesty?

- Greed
- Pride
- Fear
- Convenience
- Deceit

He who has a deceitful heart finds no good, and he who has a perverse tongue falls into evil.

-PROVERBS 17:20 (NKJV)

The heart is deceitful above all things, and desperately wicked; who can know it?

—JEREMIAH 17:9 (NKJV)



How Can We Measure Our Honesty? • Exaggeration



How Can We Measure Our Honesty? • Exaggeration • Elimination • Expectation

How Can We Measure Our Honesty?

• Exaggeration
• Elimination
• Expectation
• Evasion

How Can We Measure Our Honesty?

• Exaggeration
• Elimination
• Expectation
• Evasion
• Evaluation

Honesty lives confident and carefree, but Shifty is sure to be exposed.

-PROVERBS 10:9 (The Message)



How Do We Make Honesty More Than a Motto?

1. Refrain from unnecessary words.

"Silence is wisdom, where speaking is folly, and always safe. Some are so foolish to interrupt and anticipate those that speak, instead of hearing and thinking before they answer, which is uncivil as well as silly."

"If thou thinkest twice, before thou speakest once, thou wilt speak twice the better for it."

—WILLIAM PENN

How Do We Make Honesty More Than a Motto?

2. Refuse to criticize (or provide commentary) about others until you have talked with him or her personally.

How Do We Make Honesty More Than a Motto?

3. Remove all lies, exaggerations and distortions from your speech.

If you are tempted to reveal
A tale to you someone has told
About another, make it pass,
Before you speak, three
gates of gold.

These narrow gates:
First, "Is it true?"
Then, "Is it needful?"
In your mind
Give truthful answer.
And the next is last and
narrowest, "Is it kind?"

And if to reach your lips at last
It passes through these
gateways three,
Then you may tell the tale,
nor fear
What the result of the
speech may be.

How Do We Make Honesty More Than a Motto?

4. Remind yourself of the need to purify your heart.

He who hates, disguises it with his lips, and lays up deceit within himself...

-PROVERBS 26:24 (NKJV)

How Do We Make Honesty More Than a Motto?

5. Remember your accountability to God for your words.

-ROBERT JEFFRESS, The Solomon Secrets

For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.

But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.

--- MATTHEW 12:34b-36 (NKJV)

An honest life shows respect for God; a degenerate life is a slap in his face.

—PROVERBS 14:2 (The Message)