

If You Want to Be Truthful, Build Something (or Someone)

There are two types of truths: unpleasant ones and pleasant ones.

When we think of truthful people, we typically think about those who aren't afraid to tell us about the unpleasant things we need to hear. These are the "facts don't care about your feelings" types.

But truthfulness also equals "here's what's right with my world and this is how I will build on that."

It's more than just "I'm bold enough to point out what isn't working."

You can't possibly be a person who keeps it real and tells it like it is if you never express appreciation, hope, and creativity.

Fearless communication isn't just about having the guts to say "you did a terrible job" or "we're in a terrible place" or "you're making a terrible argument."

It's also about having the guts to say "I'm grateful for what you've done well" or "I believe we can do better" or "I think we've found a common ground we can build upon."

To be honest is to be constructive, not just critical. The courage to complain is not a substitute for the courage to create.

If you want to be truthful, believe in the possibility of a better world and start building it; believe in the possibility of better people and start building them.