

# 40 Days Fuller

Truthful Tuesday | Day 28



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## DISCOVER

Just as we have carried labels that were given to us, we are also prone to give or attach labels to others. Sometimes, we are even well-intentioned in our labeling, or simply not aware of the impact our words have on the people we love. A careless statement about someone's personality or aptitude to various things can mold their lives in negative ways and become a self-fulfilling prophecy.

At times, we may correctly assess someone's behavior, ability or preferences. However, we tend to forget to correct this assessment when the person or circumstance changes. We may judge that person or expect him/her to behave and react according to our preconceived notions of who they are. At other times, we form an image of who we wish our loved ones to be, or what we expect them to be. After a while, we may no longer be able to see our loved ones for who they are, but see only an image of who we believe them to be.

Today, practice looking at the people you care about for who they really are — not who you want them to be or believe them. Past experiences can be informative, but they are still in the past. See your loved ones for who they are right now, in the present. If you have attached labels to them, perhaps it's time to challenge these labels directly. Ask them if the labels fit who they are or not. Let them show you the truth of who they really are.

## REFLECT / JOURNAL

Think about someone you care about. When thinking about describing this person, what words come to mind? Do they correspond to how this person sees themselves? How might your assessment of them have contributed to their identity and understanding about themselves?

If you were meeting this person for the first time today, how would you describe them? Next time you spend time with this person, see them with new eyes. Can you learn anything new about them?

## PRACTICE



Practice the daily cup ritual



Write "truthful" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Challenge pre-conceived beliefs about your loved ones and see them for who they really are today.



Share your reflection with the group.



Guided meditation for day 28

The beginning of love is to let those we love be perfectly themselves, and not to twist them to fit our own image. Otherwise we love only the reflection of ourselves we find in them.

- Thomas Merton