

Leading with Honesty

Luvvie Ajayi



Bestselling author, teacher and podcaster Luvvie Ajayi said she does not have a poker face, but she's okay with that. Honesty is one of her core values, and to Luvvie, courage means speaking the truth in power. "We put harmony above all else because we want to be nice people," she said. However, this backfires, because it gives people cause to doubt our honesty in the future. Plus, Luvvie believes the idea of being nice is shallow. Instead, we should strive for kindness, and to be kind, we must tell the truth in love.

Top 3 Reasons Why We Don't Speak Up

1. We don't think we have a voice or we don't feel empowered.
2. We think it's someone else's responsibility.
3. We worry we will suffer or be punished.

3 Questions to Determine When You Should Speak Up

1. **Do I mean it?** Decide if it's what you really believe.
2. **Can I defend it?** Make sure you can provide the logic behind what you're saying.
3. **Can I say it with love?** Don't just say something to be a contrarian or make someone mad.