

## I AM JUDGED BY HOW I TREAT OTHERS

My goal in life is to treat others as I want to be treated. Camaraderie is important for a healthy existence. I consistently strive to maintain positive relationships.

I acknowledge that I only get out of life what I put into it. I can live a happy life when I send positive energy out into the universe.

Even though I am sometimes treated negatively, I continue to allow my positivity to shine through.

I aspire to get along with everyone for my own peace of mind. I let my friends and family know how important they are to me. I take every opportunity to wholeheartedly support my loved ones.

When my children feel my support for them, they know I am trustworthy. They remember past experiences and see how I am always there to help when they need me.

My successes result from positive living. When I compete for a position at work, I do so fairly. I avoid painting my peers in a negative light. I know that receiving respect comes from first showing it.

My approach with competitions is to let my strengths show. This allows others to honestly acknowledge my qualifications.

Today, my mission is to treat others with respect. I believe that everyone is important and all of us have an equal right to exist on this earth. I am a strong proponent of honest kinship.

## REFLECTION QUESTIONS

**1**

How do I strive to treat others with respect and kindness in my daily interactions?

**2**

What are some ways I can maintain positivity even when treated negatively?

**3**

How does treating others well contribute to my own peace of mind and happiness?