

## I COUNTER DISRESPECT WITH RESPECTFULNESS

I believe that I get back from the world what I give to it. In order to cease the cycle of negativity, I give out positive energy. I show respect to others because it encourages goodness to surround me.

I am hardly responsible for how others behave. But I make it a point to promote the kind of environment that I thrive in.

When someone new joins my team at work, I provide training on departmental culture. This ensures that the message of unity and mutual respect is taught in the beginning. I am proactive in setting the tone in the workplace.

Leading with positive behavior sets up each interaction for a beneficial outcome. When there is a disagreement, it allows for peaceful resolution.

Having someone shout at me in anger is offensive, but I avoid taking it personally. I remind myself that the issue resides in the other person. Instead of responding in the same way, I choose to maintain an even temper.

Giving someone the chance to join me in my emotional state opens the door for reconciliation.

I teach my children regard for authority. Although authority figures sometimes abuse their power, the responsibility for a peaceful outcome lies within each person.

When someone tries to look down on me, I hold my head high and let my light shine. That is the image that I present in front of my impressionable kids.

Today, I see value in respecting others. Situations sometimes lead others to unfortunate actions, but I live in forgiveness. I avoid allowing anyone's negativity to taint me.

## REFLECTION QUESTIONS

**1**

How do I maintain respect for others even when they are disrespectful to me?

**2**

What strategies can I use to promote a positive environment around me?

**3**

How does leading with positive behavior impact my relationships at work and home?