

I RESPECT OTHERS AND MYSELF

One of my fundamental values and beliefs is respect. I respect myself and other people. If I fail to have respect for myself, others will fail to respect me, too. Everyone that is doing their best deserves respect. I am doing my best.

At the end of the day, it is my responsibility to take care of myself. I take this responsibility very seriously.

I have many obligations: family, career, my health, and my happiness, to name a few. I must respect myself if I am going to meet these obligations consistently.

I deserve respect. I am respectful to others and live a life worthy of respect from others.

I appreciate the value each person brings to the world. I also appreciate the differences between people. When I respect others, I am more likely to receive respect in return.

Relationships are built on mutual trust and respect. My relationships thrive when I give and receive respect. Lacking respect, relationships falter and eventually fail.

Life is short, so I respect every moment of it. I also respect the people in it. The most significant parts of life are composed of people. I am grateful for the people in my life, and gratefulness is a form of respect.

Today, I realize that most folks do the best they can. I appreciate their efforts and show respect to everyone I encounter. In return, I deserve their respect as well. I respect others and myself.

REFLECTION QUESTIONS

1

How can I demonstrate respect for myself and others in my daily interactions?

2

What are some ways I can show appreciation for the efforts of others?

3

How does mutual respect contribute to the strength and success of my relationships?