

I TREAT OTHERS AS I WANT TO BE TREATED

I treat other people kindly and respectfully. I expect and receive the same in return. I appreciate how well others treat me. The warmth I receive from them brightens my day and lightens my load.

My motto is to treat others as I want to be treated. Life is easier and more satisfying when I live this way.

I avoid many challenges when I give and receive kindness.

Sometimes, someone may be cross with me. I am able to overlook this and stay centered. I can still be kind and respectful regardless of how others treat me.

I carry out random acts of kindness each day. By being kind to others, I am being kind to myself, too.

Kindness is the greatest expression of wisdom. Each person provides an opportunity for me to be kind. Each person also provides an opportunity for me to receive kindness.

Giving and receiving respect has a positive effect on my mood and outlook. Respect props up everyone that receives it. Listening to others is one way I show respect. Showing gratefulness is another way I respect others and myself.

Today, I am being more kind and respectful than ever before. I am open to receiving kindness and respect from others. I look forward to a wonderful and productive day.

REFLECTION QUESTIONS

1

How can I practice kindness and respect in my interactions with others?

2

What are the benefits of carrying out random acts of kindness each day?

3

How does giving and receiving respect positively impact my mood and outlook?