

30-Day Respect Practice

Here's how to lead your circle in practicing The Respect Basics for 30 days on email, text or a private social media platform.

Our Respect Pact: Share this with your circle before you begin.

- **We post our Respect Practice daily.** It takes about 5 minutes to write and read the daily messages.
- **We participate fully.** It's OK if you don't practice every single day. Try to stay engaged as best you can to get the most out of the 30 days.
- **We keep messages confidential and don't comment on each other's practice.** During the practice we don't cross-talk, which means we don't discuss (online or offline) the content of the messages with each other or anyone else or offer each other advice. We simply listen. If you want to talk outside of the practice to one of us about anything you shared, that's *your* choice.
- **We Tell Our Truth** each day to grow in our self-care, relationships and leadership.

The Practice: You send the first message each day to get your circle going.

Post #1:

- **To start our Respect Practice, please share a goal you want to achieve by the end of the 30 days.**
My goal is ... (share your goal)

Posts #2-30: Each day complete the prompts (see example) ...

- **Describe any fear, discomfort, worry or challenge in your life today.**
Today I am ... stressed about my husband being out of work and feeling resentful toward him.
- **Look again at yourself with respect. What else is possible? Think about your gratitude, inner resources and strengths.**
When I look again ... I see that I am working, we are not broke yet and he is actively looking for work.
- **Pick a Respect Basic to practice and describe what you'll do.**
Today I will practice ... Know You're Valuable and take myself for a walk to clear my head and go to bed early to get more rest.

THE RESPECT BASICS

Tell Your TRUTH
Know You're VALUABLE
Follow Your PASSIONS
Trust Your GUT
Set BOUNDARIES
Be COMPASSIONATE
Get HELP
Have COURAGE