

## What Is Respect?

Read the definitions below and discuss your reactions.

**RE-SPECT  
MEANS...** to look  
again

**SELF-RESPECT  
IS DEFINED  
AS:** knowing  
you're a unique  
contributor  
to the greater  
whole

**PEOPLE WITH  
SELF-RESPECT  
BEHAVE  
LIKE...** I matter.  
You matter.

## The Respect Basics (Wheel)

- On a scale of 1-10, use the wheel below to rate below how you're doing at each Respect Basic today...
- Which Respect Basic do you want to improve at the most?
- What is one action you can take to practice this Respect Basic more?



## My Respect Practice

Create a daily practice for the next 30 days to help build your self-respect.

**1 Explore questions.** Take a moment to write about some of your favorite activities that help you build your self-respect.

*Answer the questions below.*

What activities or practices...

- remind me that I am valuable?
  - am I passionate about doing?
  - help me take care of myself and my needs?
  - help me be more respectful to others?
- 2 Pick a practice.** Choose just one thing from your list that you can do every day for the next 30 days. (e.g. Start and end every day by meditating for 5 minutes, read an inspirational quote, write a list of your top five goals and read them aloud, commit to walking a mile or making a piece of art every day.)

*Write your practice here:*

**3 Choose a partner.** How will you check in with each other each day to see how you're doing with your respect practice (email, text, phone, a social network or in person)?

*Write your check-in plan here:*

## Look Again

When you feel yourself judging and withholding respect—but know deep down that you want to show respect instead—it can help “to look again.” Here’s how to practice:

**1 Tell Your Truth about your feelings.** When judgment of people strikes your thoughts, name it. Don’t judge your feelings or needs, though.

- I’m feeling [*fill in the blank*] toward [*name*] right now.
  
- I feel like I’m not getting what I need, which is [*fill in the blank*].

**2 Look again.** Pause and consider:

- What shortcomings do you see in him or her that you also see in yourself?
- When have you been painfully misunderstood?
- In what ways are you being hard on him or her in a similar way now?
- What would you need if you were in his or her shoes?

When I look again at this situation, I see ...

**3 Pick a Respect Basic.** What Respect Basic can you practice in this moment to generate more respect in this situation?



## My Goals

Practicing “You matter” means having goals regarding our relationships, including family, friends and significant others. Complete the form below to explore your goals:

	My No. 1 self-care goal is ...	My No. 1 relationship goal is ...	My No. 1 education/career goal is ...
Success looks like:			
Failure looks like:			
Imperfection looks like:			
The most courageous next step is:			
Support I need is:			
I will complete the next step by:			

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

*by Nelson Mandela*



## Action Plan

Create a personal project that builds leadership skills and spreads respect by completing the form below:

One form of disrespect I want to impact is ...	
The effect of this form of disrespect on myself or others is ...	
The cause of the problem is ...	
My ideas to solve this problem are ...	
Someone who can help me create this change is ...	
Steps I need to take to get started are ...	
If I get discouraged, I will ...	
My accountability partner is ...	
We will check in with each other by ...	
I will complete my project by: __/__/__	
The change I would like to see as a result of my project is ...	