

## 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:*