

## How to Respect Yourself and Others

What exactly is respect?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ . Respect is an overall evaluation you give

someone based on many factors – what that person is doing with their life, how they treat you and others, whether they are \_\_\_\_\_ and if they seem to consistently do good things, \_\_\_\_\_ or \_\_\_\_\_, for other people. In short, respect is a \_\_\_\_\_ that you form of how someone is living their life. On the other hand, \_\_\_\_\_ is your view of how you're living your life.

We will explore three areas of respect – \_\_\_\_\_, respect \_\_\_\_\_ and \_\_\_\_\_ for you. All three of these areas of respect are very important.

### It Starts with Self-Respect

Respecting yourself means giving and defining your own worth and value as a human being.

Think about this:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ So it all begins with self-respect.

*But how do I go about respecting myself?*

- \_\_\_\_\_ ... You must be honest with \_\_\_\_\_ and with others.

• \_\_\_\_\_  
A vital key to self-respect is knowledge.

• \_\_\_\_\_  
...In order to be your best, you must feel your best.

• \_\_\_\_\_  
...Financial responsibility is a cornerstone to independence.

• \_\_\_\_\_...Part of learning self-respect involves respecting the beliefs of others.

• \_\_\_\_\_...  
Knowing and exercising good manners and proper conduct will make you feel good about yourself, and, in return, others will \_\_\_\_\_ you for your good \_\_\_\_\_ and proper \_\_\_\_\_.

• \_\_\_\_\_  
...Part of being a respected person involves taking \_\_\_\_\_ for your own actions.

• \_\_\_\_\_  
...Accepting \_\_\_\_\_ involves formally \_\_\_\_\_ and striving to make amends.

• \_\_\_\_\_  
\_\_\_\_\_

...We must learn to emulate those who are \_\_\_\_\_ influences and ignore those who are \_\_\_\_\_ influences.

• \_\_\_\_\_...  
Each goal you set and attain, you will gain strength to challenge yourself a little more; the more goals you attain, the more your self-respect will grow.

## Showing Respect for Others

Just like with yourself, when you demonstrate respect for others, you give value to their being and ideals.

One of the best ways to show respect for someone \_\_\_\_\_  
\_\_\_\_\_. Obviously, we'll not always agree with one another on every topic, but we should allow each other to have and express our own views – \_\_\_\_\_ or not.

In your own words: Explain Bono's Quote.

In your own words: Explain Laurence Stone's Quote:

## How to Gain the Respect of Others

As a young person, it can be frustrating when you're expected to *give* respect and yet you don't always *receive* that same respect in return. That type of frustration is very understandable. But, there are several reasons why this is so often the case.

For example, we tend to respect \_\_\_\_\_  
\_\_\_\_\_ in their lives; such as good grades, participation in community activities, doing something special at church or in an interest group and playing sports well. These – along with dozens of other potential accomplishments – can put more \_\_\_\_\_.

To help, there are actions you can start taking to gain respect from others:

- \_\_\_\_\_ Respect is a two-way street. In order to gain \_\_\_\_\_, you have to be a giver of \_\_\_\_\_ as well. As we discussed, there is a basic level of respect that we should show for everyone, regardless of the circumstances. Make sure that you \_\_\_\_\_ or your community.
- \_\_\_\_\_ Take the initiative to handle your schoolwork, chores around your house and job responsibilities seriously. Do the responsible \_\_\_\_\_ to do so every time. Your attitude and \_\_\_\_\_ are two important factors in whether other people will respect you or not.
- **Speak Up for What is Right...** For the most part, by the time we're in our early teens we know right from wrong on many levels. To gain respect, not only should you always do what's right – \_\_\_\_\_ – but you \_\_\_\_\_ for what is right.
- \_\_\_\_\_ ... Act with the utmost respect toward yourself. Your study habits, what you do with your spare time, what outside interests you have and many similar factors reveal what you think about yourself. As people \_\_\_\_\_ these observations will go a long way toward you gaining their \_\_\_\_\_ ...respect that you hopefully deserve.

## Respect Creates Harmony

If we would all attain the appropriate level of self-respect, have and show \_\_\_\_\_ for all others, and live so others will \_\_\_\_\_ us, the world would be a \_\_\_\_\_ to live. There would be no \_\_\_\_\_, no \_\_\_\_\_ and \_\_\_\_\_. Indeed, we would live in a world of \_\_\_\_\_.

Respect is a very powerful ingredient in how people – even total strangers – \_\_\_\_\_.  
\_\_\_\_\_. If we could spread enough of it around, \_\_\_\_\_ could, in fact, \_\_\_\_\_ the world.

But obviously, human beings have inhabited this planet for many, many years and we have not gotten there yet. However, \_\_\_\_\_. If each of us did our own \_\_\_\_\_, this peaceful condition could become a reality.

Maybe it could even begin \_\_\_\_\_. Why not try to start your own respect revolution by showing you respect yourself, and you \_\_\_\_\_ others. What if, beginning with you, people started to make a pledge to \_\_\_\_\_ each other as human beings first, and then to \_\_\_\_\_ other people's genuine beliefs, views and opinions? What if you got out in front and lead us all on this important road of \_\_\_\_\_

Are you willing to give it a try?

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