

# Respect



- ◆ Respect is feeling good about myself.
- ◆ Respect is knowing I am unique and valuable.
- ◆ Respect is valuing myself.
- ◆ Respect is knowing I am lovable and capable.
- ◆ Respect is liking who I am.
- ◆ Respect is taking care of myself.
- ◆ Respect is listening to others.
- ◆ Respect is knowing others are valuable, too.
- ◆ Respect is treating others nicely.