

Respect Others

1. I put aside my opinion and listen with interest to a different opinion.
2. I choose kind, thoughtful and respectful words when speaking at work, home, and to those in public.
3. When a difficult or conflicted situation arises I keep the focus on myself and my part in it and *did not* immediately look for fault in things or people outside myself.
4. I realize that that I did not have all the answers and did not force my reasoning and thinking on others.
5. I chose to *not* put others down in order to feel better about myself.
6. I present myself to others as an equal, no less than others, no better than others.
7. I keep the focus on myself and realize that I cannot really know how another feels.
8. I refrain from gossip about others.
9. I am capable of letting others see some of my vulnerabilities.
10. I practice not guessing other's motives for doing things. I ask them and I believe their response.

Respect Self

1. I say no assertively and when necessary, set healthy boundaries with others.
2. I am aware of my feelings and identified them most of the time.
3. I stick up for myself even though someone did not like it.
4. My self-talk is positive, encouraging and kind.
5. During a difficult time I choose to be kind and gentle to myself in a healthy way.
6. I accept myself while still seeking to understand myself and become more loving to myself.
7. When I make a mistake I work on self-acceptance and learn from it and let it go. I am honest with myself in a kind way.
8. I make self-caring and loving choices in my daily life.
9. I create as safe, clean and pleasant an environment as possible to live in.
10. I participate in activities that enhance my self-love and foster connection with others.