

Respect



The first respect is to respect myself - to know that I am naturally valuable.

Part of self respect is knowing my own qualities.

Respect is knowing I am lovable and capable.

Respect is listening to others.

Respect is knowing others are valuable too.

Respect for self is the seed that gives growth to confidence.

When we have respect for ourselves, it is easy to have respect for others.

Those who show respect will receive respect.

To know one's worth and to honour the worth of others is how one earns respect.

Part of respect is knowing that I make a difference.