

Full Name: _____



Kindness and Respect

Value Yourself and Value Each Other!

WEEK 5

Respect Yourself

“Respect Yourself” is the first most important form of respect.

Why do you think that might be?

Do you think it is possible to respect others more than you respect yourself? Why?

Do you think other people can respect you more than you respect yourself? Why?

“I practice positive habits that support my mental, physical and emotional wellbeing.”
– The Dojo Promise

One way to develop respect for yourself is to practice positive habits.

What are some positive habits you can practice in the following areas?

MENTAL	<i>Examples: I think positive thoughts, like “Yes I can.” I set goals.</i>
PHYSICAL	<i>Examples: I exercise regularly. I eat healthy food.</i>
EMOTIONAL	<i>Examples: I make friends with my emotions. I know what makes me feel happy.</i>
SOCIAL	<i>Examples: I improve my listening skills. I say, “Yes you can” to other people.</i>

