

**Full name:**

# Kindness and Respect – Week 4



## Stand Guard at the Door of Your Mind

**Be wise and careful about what thoughts you let into your mind.  
Every action begins with a thought.**

Two people are walking down a road after a rain shower. One looks down, sees the mud and thinks, “What a miserable day.” The other sees the rainbow, notices the freshness in the air and thinks “Wow, what a beautiful day.”

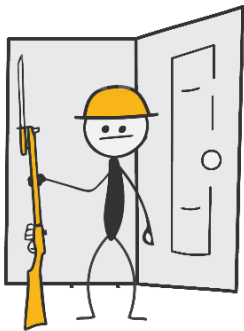
Who do you think had a better day?

In every situation, every day, every moment, we can choose what thoughts we allow to influence our state of mind. Our state of mind has a huge impact on how we experience our day-to-day life.

So, “Stand guard at the door of your mind!”



**List some thoughts that you would let past your guard, and into your mind.**



**List some thoughts that you would not let past your guard.**

When you “stand guard at the door of your mind” who are you respecting?

Bring this completed sheet back in so we have a record of your progress. Complete each week’s activities to earn your RESPECT patch. Earn all four Success patches to earn your Leadership Patch.

**FEEDBACK** – *Let us know how you did this week:*

Date \_\_\_\_\_



# KINDNESS AND RESPECT

**WK 4**