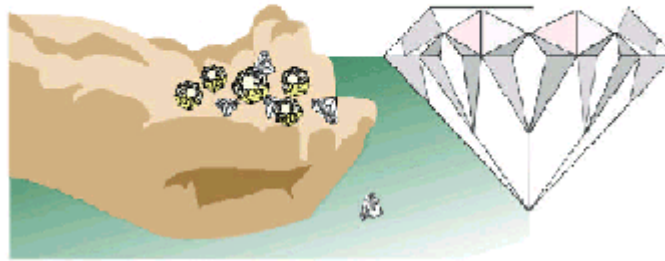


# Respect



*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 the 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 honor the worth of others is  
how one earns respect.*

*Part of respect is knowing I make a difference.*