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Word of the Month

SELF-RESPECT

Self-respect is having pride and confidence in yourself. Self-respect helps us have good self-esteem and self-worth. It helps us see ourselves in a positive light. When we have self-respect, we behave with dignity and honor. We value others opinions and the image we portray. Build your self-respect by trying a few tasks off the list below:

- Be kind to others and help somebody in need
- Try something new and practice until you've mastered it
- Focus on your positive traits and avoid negative talk
- Keep a notebook of 5-10 good things that happened after each day
- Compile a list of things you are really good at and share it with your family

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