

# **WAYS I RESPECT MYSELF**

**Accept myself as I am**

**Having a day out from my caring duties**

**Act with passion**

**I don't let people treat me poorly**

**agree to differ**

**Knowing your rights**

**Allow myself to say no**

**letting go of control - let others do things their way**

**Appreciate myself**

**listen to advice if its relevant for me**

**asking for help**

**listen to the birds**

**Assertiveness**

**live my beliefs (integrity)**

**Avoid impulse spending**

**Love & respect for self is the start of any good relationship**

**Awareness**

**Make my bed**

**Be able to take the initiative**

**Keep the balance in life**

**be genuine**

**Making time to exercise**

**Be grateful for life**

**Meditate regularly**

**Be professional & don't take it personally**

**Nurture myself**

**Believing in myself**

**Ongoing commitment to self improvement**

**Care for my health**

**Respect your efforts & respect yourself. Self respect leads to self discipline. When you have both firmly under your belt, that's real power (Clint Eastwood)**

**Choose not to react negatively**

**Respecting yourself means listening to your body & your emotions**

**Choose to be happy**

**Rest, slow down**

**Choosing where to spend my time**

**Rewarding myself when I've earned it**

**connecting with people**

**Saying "I'm sorry but the answer is no"**

**continuing to learn new things each and every day**

**Self control**

**treat myself kindly and fairly**

**Smile**

**difference of opinion is ok & doesn't make me wrong**

**Speak up for yourself**

**Disagree honestly & openly & with acceptance for the other's view**

**Stopping criticism**

**Doing what I say I'm going to do**

**Taking time out for myself**

**Don't drink too much alcohol**

**they cannot take away our self respect if we do not give it to them (Mahatma Gandhi)**

**Don't eat too much junk food**

**think about what you are doing & make sure others understand**

**don't let differences destroy a friendship**

**Trust my instincts**

**Don't worry too much**

**Valuing my time**

**Drawing boundaries**

**volunteering**

**eating right and  
exercising.**

**Walk in the bush**

**Enjoy music & dancing**

**Walk on the beach every  
week**

**Enjoy nature**

**We can agree to  
disagree**

**Giving myself freedom  
and choice**

**Wearing appropriate  
clothes**

**self encouragement**

**Have a healthy breakfast**