

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY: PRACTICE RESPECT! AVOID BEING DISRESPECTFUL.



***Treat others the same you want to be treated. Make an action plan that includes ways to practice being respectful.***

*Albert Einstein once said "I speak to everyone in the same way, whether he is a garbage man or the president of a university." No matter their occupation, culture, race, living situation, etc. everyone has the right to be treated with respect. Respect is a manifestation of love and compassion. It requires you take other people's feelings into consideration and treat them in a positive manner. Treating others with respect will encourage others to treat you the same way.*

*No one wants to be treated with disrespect. Being treated with disrespect makes you feel less than you are and can cause a build-up of negative emotions. Whenever you are treated badly, you tend to form a negative opinion of the person who mistreated you. That's the same thing other people do when you mistreat them. Be cognizant of people's feelings and practice showing respect everyday.*

### Practice Compassion Today:



1. SELECT AN INSTANCE WHEN YOU FELT DISRESPECTED.
2. WHAT DID THE PERSON DO TO MAKE YOU FEEL THAT WAY? MAKE A LIST OF THE OTHER PERSON'S ACTIONS. OFTENTIMES PEOPLE FEEL DISRESPECTED BECAUSE OF BLATANTLY RUDE COMMENTS, ACTIONS, OR MICROAGGRESSIONS.
3. WRITE DOWN HOW EACH ACTION MADE YOU FEEL.
4. WITH THOSE EMOTIONS IN MIND, CREATE A LIST THAT SHOWS HOW YOU PLAN TO PRACTICE RESPECT AND AVOID MAKING THE SAME MISTAKES AS YOUR OFFENDER.



### Parent Practice Tip:

**Next time you feel disrespected by your child(ren) or another person, explain to them how their actions/words made you feel. Show them that they can be upset with you and still be respectful.**

### To Learn More:

**Be Respectful**

**Eliminating Microaggressions: The Next Level Inclusion**

**Aretha Franklin - Respect**

**[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)**