



Word of the Month

Self-respect means that we appreciate ourselves and see our own worth! We don't have to be perfect in order to have self-respect. In fact, self-respect means we can look at where we need to improve, without thinking less of ourselves. Your self-respect challenge this week is to pick a few things to improve on in yourself. Afterwards, give yourself a compliment for your work!

Example:

Improvement: I know I don't study enough for tests. So, I spent an extra ten minutes studying tonight!

Compliment: I was really proud of how well I stayed focused! I can figure out anything!

Improvement: _____

Compliment: _____

Improvement: _____

Compliment: _____

