

# *Respect*

Module 1: Part 1

ACCOUNTABILITY *WORKS.*

What does **respect** mean to you?

# Respect

- Respect: a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
- Reverence: deep respect for someone or something.

# Respect

- I value...

# Worth

“This uniqueness and singleness which distinguishes each individual and gives a meaning to his existence has a bearing on creative work as much as it does on human love. When the impossibility of replacing a person is realized, it allows the responsibility which a man has for his existence and its continuance to appear in all its magnitude.” – Viktor Frankel

# The Gifts of Imperfection – Brenne Brown

Love and belonging are essential to the human experience. As I conducted my interviews, I realized that only one thing separated the men and women who felt a deep sense of love and belonging from the people who seem to be struggling for it. That one thing is the belief in their worthiness. It's as simple and complicated as this: If we want to fully experience love and belonging, we must believe that we are worthy of love and belonging.

# Self-esteem

- **Self – Esteem:** a person’s overall evaluation of his or her own worth. It is a judgment of oneself as well as an attitude towards oneself.
- Self-esteem is the sum of self-confidence (a feeling of personal capacity) and self-respect (a feeling of personal worth)
- **Self-confidence:** is built through keeping our commitments

# Self-Compassion

- Self – compassion (Gifts of Imperfection)
  - Self – kindness
  - Common humanity
  - Mindfulness



“To access this state of allowing, the only thing I had to do was be myself. I realized that all those years all I ever had to be was myself, without judgment or feeling that I was flawed. At the same time I understood that at the core our essence is made of pure love. We are pure love, every single one of us, how can we not be? If we come from the whole and return to it. I knew that realizing this meant never being afraid of who we are, therefore being love and being our true self is one and the same thing. As I experienced my biggest revelation it felt like a bolt of lightening. I understood that merely by being the love I truly am, I would heal myself and others. I never understood this before yet it seemed so obvious. If we are all one, facets of the same whole, which is unconditional love, then of course, who we are is love. I knew that was really the only purpose of life. To be ourself, live our truth, and be the love that we are. “

- Anita Moorjani



“Now, go back and live your life fearlessly.”

~ Anita Moorjani