

# *Respect*

Module 1: Part 2

ACCOUNTABILITY *WORKS.*

Respect

I value you.

# Self-Respect

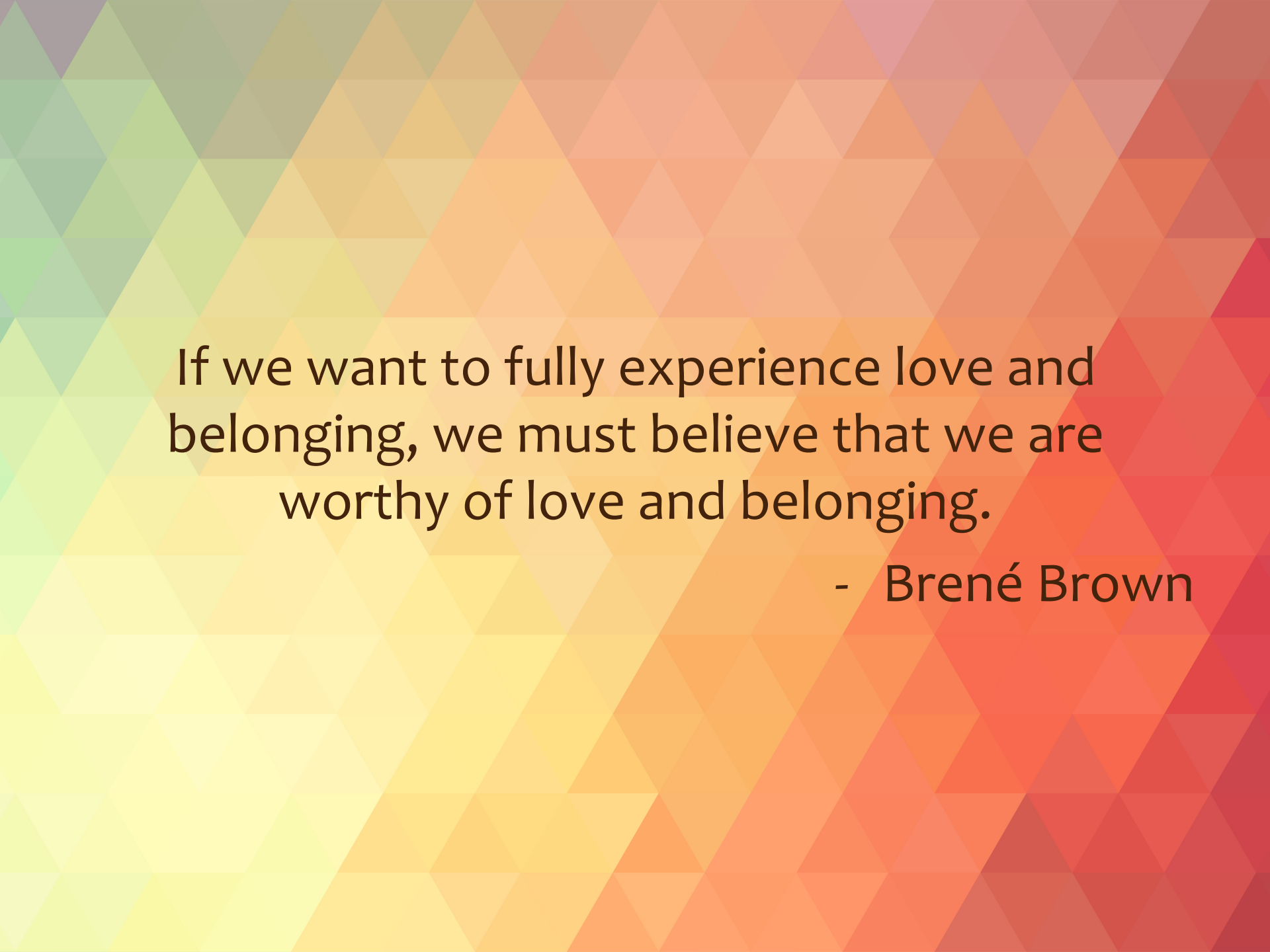
I value myself.  
(I am good.  
I am worthy.)

# Humility

- Not thinking that you are better than other people.
- A modest view of one's own importance.
- **I value you = I value me**

# Recap

- Self-respect: I am good and worthy.
- **Self-esteem: I deserve it.**
- **Self-confidence: I can do it.**



If we want to fully experience love and belonging, we must believe that we are worthy of love and belonging.

- Brené Brown

To experience love we must believe that we  
are worthy of love.

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 our self, live our truth, and be the love that we are. “

- Anita Moorjani



Who we are is love.  
We are inherently worthy.  
We are inherently good.  
We are inherently deserving.  
**We get to be, have, and DO.**



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

~ Anita Moorjani