



LOOKING BACK: A Self-Reflection

Human Respect Worksheet

WE'RE ONE... WE CARRY EACH OTHER

1. Think of a person in your life for whom you feel great respect and admiration.
2. Name 3 to 5 qualities they have that you admire.
3. Consider the way in which these qualities are reflected in you. In what ways do you have and demonstrate the same qualities?
4. Name someone in your life that you have a really tough time liking or getting along with.
5. Name 3 to 5 qualities they have that you do not like.
6. Consider the ways in which these qualities are also part of your own character. In what ways do you have and exhibit the same qualities?

TAKING THE POWER BACK

1. Think of one time (this could be an early or recent life event) in which someone treated you badly. They may have used words or actions that hurt or simply treated you with less respect than you deserved. Briefly write a few notes to recall that person and situation.
2. In what ways do you carry any negative messages about yourself from this situation?
3. What message could you tell yourself that would be more accurate and true, giving you back your full respect as a human being?

SPIRIT: LOVING THE WORLD THROUGH US

1. When you think of what you currently believe about spirituality, a power greater than ourselves, perhaps using the word "God" (or perhaps not) to name this higher, divine force, what are the words or qualities that come to your mind?
2. Given your response to the question above, describe your reaction to the Eastern tradition of "Namaste: I salute the divinity in you which salutes the divinity in me."

REAPING WHAT YOU SOW

Think of a time in your life when you were returned loving and respectful treatment from others as a result of feeling good about yourself as well as being generous to and respectful of those around you. This may not have been just from the specific people you treated well, but also from others around you.

