

### **Respect**

Respecting other people means recognizing their value as human beings, regardless of their background, race, or creed. It's demonstrated in all your day-to-day relations - refraining from demeaning others for their ideas and opinions, refusing to laugh at racist or sexist jokes, putting prejudices aside, and staying open-minded. We show respect not just by what we refrain from doing but also by intentional acts, such as being on time, dressing appropriately, or giving our full attention to the person or people we're with.

Self-respect is just as important as respect for others. A person who respects herself isn't boastful or pushy but is secure in a way that inspires confidence in others. She values herself regardless of her physical attributes or individual talents, understanding that integrity and character are what really matter.

### **Consideration**

The key to consideration is thoughtful behavior. Being thoughtful means thinking about what you can do for those around you and how your actions will affect them. Consideration leads us to help a friend or stranger in need, to bestow a token of appreciation, or to offer praise.

### **Honesty**

Honesty ensures that we act sincerely and with integrity. It's the basis of tact: using empathy to find the positive truth and telling or acting on it, without causing embarrassment or pain.