

#### **Day 4 (Relationships): How to Earn Respect**

- Did you do the right thing ?
- Did you speak the truth ?
- Did you see the good in most people ?
- Did you give respect to others ?
- Did you talk behind someone's back ?
- Did your speak less and act more ?
- Did you complain about anything ?
- Were you the last one to speak when your opinion was needed ?
- Did you ask others if they need help ? And help when they need it ?
- Did you encounter a situation where you could laugh at yourself without feeling embarrassed ?
- Are you striving for excellence ? (This is a continual process, not a one-off thing)