

Respect Retreat[®]

Day 1 Journal



97 Right

It isn't always easy to recognize our 97 right and to respect ourselves, but it's critical to our wellbeing. Take a moment to reflect on your 97 right and list a few. They can be character traits like honesty and integrity; feelings like positivity; or skills and talents at things like arts, sports or academics. Believe it and start writing!

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Respect Retreat[®]



Day 2 Journal

A Brand New Ending

We've all been there ... watching as a friend is teased or hearing a rumor (true or not) and wincing at its harshness, but doing nothing to stop it from spreading. Perhaps you have witnessed an act of disrespect already today. Take a moment to reflect on your role in these situations.

1

What would it take for you to say, "enough is enough," and do something?

2

Write down an act of disrespect you witnessed recently. Then, imagine what would have happened if you had stood up for respect. Write down what you would have done differently, how your actions would have changed the outcome and how you would have felt afterward.

3

Why do you think it is much easier to imagine ourselves standing up than it is to do it in real life?