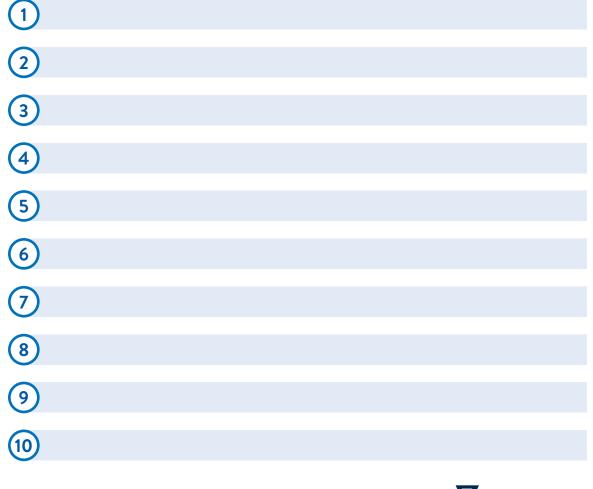
Respect Retreat[®]

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!





RESPECT

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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.

