

Name: \_\_\_\_\_

Belt Rank: \_\_\_\_\_



## Respect

Respect implies a certain appreciation and awe which makes people more aware of the needs and feelings of others. Respect comes in many forms: respect for life, for property, for parents, for elders, for nature, and for the beliefs and rights of others. Being courteous, being polite, and showing good manners is a great way to show others that you care.

### To Earn Your Stripe:

Every day this week give a sincere compliment to someone. Each day you must write who you gave the compliment to and describe their reaction.  
(Example: My teacher/ Smiled)

	Day1	Day 2	Day 3	Day 4	Day 5	Instructor Signature
Week 1						
Week 2						
Week 3						
Week 4						