



LEADER LINKS

About the LEADER LINKS...

The Leader Link is a weekly message delivered via email to support character development, good citizenship and social responsibility. The Leader Links address the same character traits that our students focus on throughout the week. Each Leader Link provides a simple definition, an inspiring quotation, a thought provoking question and an action prompt to encourage you, your friends, associates or group to consciously incorporate each quality into daily living.

SELF RESPECT

Definition:

SELF-RESPECT means recognizing the value of oneself. Help develop a common vocabulary by communicating the meaning of SELF-RESPECT through your daily actions.

Leader's Message:

Self- Respect is a prerequisite for commanding respect from others.

Food for thought:

Think about this quote by Clint Eastwood*: "Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." Consider what this means to you. Do you agree with it or not?

Action Prompt:

Develop a great relationship with yourself! If you don't have one – begin today. The good news is that the quality of that relationship can only be cultivated within and by you! It cannot be chased or purchased. It cannot be sold. It cannot be obtained or provided by anyone other than you. It is nurtured when you say positive things to yourself, believe in your potential, realize the good that you have done, and know that the words you speak are true. You are in control – respect yourself all the time, no matter where you are.

**Clint Eastwood, born in 1930, is an American actor, producer and writer. He is the recipient of many awards in the film industry.*