

# I am admired and respected

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I live my life according to my values. This is one of the reasons why others admire and respect me. **Living by a code gives me credibility.** It also makes my attitudes and behaviors understandable to others.

When others trust me, it is easier for them to respect me, too.

I have great respect for everyone I meet. Each person is unique and interesting to me. When I am willing to give respect to others, they respect me, too.

I am a good and loyal friend. I take all my relationships seriously. I make time for my family and friends. **They admire me and view me positively because of the emphasis I place on my relationships with others.**

I have meaningful goals that I pursue with enthusiasm. I receive admiration from others when I share my important goals.

Everyone respects those that act with purpose. I know my purpose and live it each day. I enjoy my life and share that joy with

others.

I strive to be at my best each and every day. I approach each day with enthusiasm and look forward to what the day will bring. **Others admire and respect my attitude.**

Today, I am making an extra effort to be a shining example to the world. I keep my values in the front of my mind. I strengthen my relationships. I strive to be someone that people admire and respect.

## Self-Reflection Questions:

1. Whom do I admire and respect? Why?
2. What can I do to be more worthy of admiration and respect?
3. What are my values? How can I be more consistent in living my values?